

## MARCH IS NATIONAL NUTRITION MONTH

*by Karen From, Nutrition & Health Education Specialist*

National Nutrition Month<sup>®</sup> began as National Nutrition Week in 1973 and has evolved into a month long celebration. National Nutrition Month<sup>®</sup> is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

This year's theme is "Eat Right". The following two articles are from the American Dietetic Association to help you to make better choices when eating on the run and to shop smart using food labels. The best of nutrition and health to all of you.



American Dietetic Association

National Nutrition Month  
March 2009



## HEALTHY EATING ON THE RUN: A MONTH OF TIPS

You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you eat healthy when eating out.

1. Think ahead and plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.

2. Take time to look over the menu and make careful selections. Some restaurant menus may have a special section for "healthier" choices.

3. Read restaurant menus carefully for clues to fat and calorie content. Menu terms that can mean less fat and calories: baked, braised, broiled, grilled, poached, roasted, steamed.

4. Menu terms that can mean more fat and calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally and in small portions.

5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of a main course.

6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.

7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.

8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast and lunch.

9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite and provides calories without any nutrients.

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10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.

11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.

12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.

13. A baked potato offers more fiber, fewer calories and less fat than fries if you skip the sour cream and butter. Top your potato with broccoli and a sprinkle of cheese or salsa.

14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or lowfat spreads. And, don't forget the veggies.

15. In place of fries or chips, choose a side-salad, fruit or baked potato. Or, share a regular order of fries with a friend.

16. Enjoy ethnic foods such as Chinese stirfry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.

17. At the salad bar, pile on the dark leafy greens, carrots, peppers and other fresh vegetables. Lighten up on mayonnaise-based salads and high-fat toppings. Enjoy fresh fruit as your dessert.

18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.

19. Ask for sauces, dressings and toppings to be served "on the side." Then you control how much you eat.

20. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much.

21. If you do choose the buffet, fill up on salads and vegetables first. Take no more than two trips and use the small plate that holds less food.

22. Load up your pizza with vegetable toppings. If you add meat, make it lean ham, Canadian bacon, chicken or shrimp.



23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat and calories.

24. Build a better breakfast sandwich: replace bacon or sausage with Canadian bacon or ham and order your sandwich on a whole grain English muffin or bagel.

25. Be size-wise about muffins, bagels, croissants and biscuits. A jumbo muffin has more than twice the fat and calories of the regular size.

26. Try a smoothie made with juice, fruit and yogurt for a light lunch or snack.

27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.

28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad and fresh fruit.

29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter and crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.

30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

### **WWW. EAT RIGHT.ORG**

**Article from American Dietetics Association, Nutrition Facts 2008**



# SHOP SMART—GET THE FACTS ON FOOD LABELS

Be a smart shopper by reading food labels to find out more about the foods you eat. The Nutrition Facts panel found on most food labels will help you:

- Find out which foods are good sources of fiber, calcium, iron, and vitamin C.
- Compare similar foods to find out which one is lower in fat and calories.
- Search for low-sodium foods.
- Look for foods that are low in saturated fat and trans fats.

## A Quick Guide to Reading the Nutrition Facts Label

### Start with the Serving Size

- Look here for both the serving size (the amount for one serving), and the number of servings in the package.
- Remember to check your portion size to the serving size listed on the label. If the label serving size is one cup, and you eat two cups, you are getting twice the calories, fat and other nutrients listed on the label.

### Check Out the Total Calories and Fat

Find out how many calories are in a single serving and the number of calories from fat. It's smart to cut back on calories and fat if you are watching your weight!

### Let the Percent Daily Values Be Your Guide

Use percent Daily Values (DV) to help you evaluate how a particular food fits into your daily meal plan:

- Daily Values are average levels of nutrients for a person eating 2,000 calories a day. A food item with a 5% DV means 5% of the amount of fat that a person consuming 2,000 calories a day would eat.
- Remember: percent DV are for the entire day— not just for one meal or snack.
- You may need more or less than 2,000 calories per day. For some nutrients you may need more or less than 100% DV.

### The High and Low of Daily Values

- 5 percent or less is low – try to aim low in total fat, saturated fat, cholesterol, and sodium.
- 20 percent or more is high – try to aim high in vitamins, minerals and fiber.

## Limit Fat, Cholesterol and Sodium

Eating less of these nutrients may help reduce your risk for heart disease, high blood pressure and cancer:

- Total fat includes saturated, polyunsaturated and monounsaturated fat. Limit to 100% DV or less per day.
- Saturated fat and trans fat are linked to an increased risk of heart disease.
- Sodium – high levels can add up to high blood pressure.
- Remember to aim low for % DV of these nutrients.



Karen From  
Nutrition and Health  
Education Specialist

<b>Nutrition Facts</b>	
Serving Size 1 cup (228g)	
Servings Per Container 2	
Amount Per Serving	
Calories 250	Calories from Fat 110
% Daily Value*	
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat 1.5g	
Cholesterol 30mg	10%
Sodium 470mg	20%
Total Carbohydrate 31g	10%
Dietary Fiber 0g	0%
Sugars 5g	
Protein 5g	
Vitamin A	4%
Vitamin C	2%
Calcium	20%
Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Sat Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g

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### **Get Enough Vitamins, Minerals and Fiber**

- Eat more fiber, vitamins A and C, calcium, and iron to maintain good health and help reduce your risk of certain health problems such as osteoporosis and anemia.
- Choose more fruits and vegetables to get more of these nutrients.
- Remember to aim high for % DV of these nutrients.

### **Additional Nutrients**

- *Carbohydrates* – There are three types of carbohydrates—sugars, starches and fiber. Select whole-grain breads, cereals, rice and pasta plus fruits and vegetables.
- *Sugars* – Simple carbohydrates or sugars occur naturally in foods such as fruit juice (fructose), or come from refined sources such as table sugar (sucrose) or corn syrup.

### **Check the Ingredient List**

Foods with more than one ingredient must have an ingredient list on the label. Ingredients are listed in descending order by weight. Those in the largest amounts are listed first. Effective January 2006, manufacturers are required to clearly state if food products contain any ingredients that contain protein derived from the eight major allergenic foods. These foods are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat and soybeans.

### **What Health Claims on Food Labels Really Mean**

FDA has strict guidelines on how certain food label terms can be used. Some of the most common claims seen on food packages:

- Low calorie – Less than 40 calories per serving.
- Low cholesterol – Less than 20 mg of cholesterol and 2 gm or less of saturated fat per serving.
- Reduced – 25% less of the specified nutrient or calories than the usual product.
- Good source of – Provides at least 10% of the DV of a particular vitamin or nutrient per serving.
- Calorie free – Less than 5 calories per serving.
- Fat free / sugar free – Less than 1/2 gram of fat or sugar per serving.
- Low sodium – Less than 140 mg of sodium per serving.
- High in – Provides 20% or more of the Daily Value of a specified nutrient per serving.
- High fiber – 5 or more grams of fiber per serving.

FDA also sets standards for health-related claims on food labels to help consumers identify foods that are rich in nutrients and may help to reduce their risk for certain diseases. For example, health claims may highlight the link between calcium and osteoporosis, fiber and calcium, heart disease and fat or high blood pressure and sodium.

**WWW.EATRIGHT.ORG**

## **BACK TO THE BASICS: COOPERATION'S ESSENTIAL ROLE IN TODAY'S ECONOMY**

by Dr. Wilson Majee, *Community Development Specialist*

The world over, from Zimbabwe to America, economies are hurting. In America, the current economic conditions, job losses, high food prices and utility bills, are having devastating effects on the working poor, the recently unemployed and many low-income earners who are struggling, on a daily basis, to put food on the family table. The gap between the haves and have-nots continues to widen, more so the disparities between rural and metropolitan communities. Along Wall Street, corporations paid out billions in bonuses to their executives while along

Main Street of many small cities in rural America businesses closed down. Budget cuts at state and institutional levels are causing discomfort among millions of employees. Minds are wondering: how is it that others are being paid generously while others are walking out of their offices for the last time with empty wallets?

There are no easy answers to this question. In trying times like these, discouragement becomes our greatest enemy. We look everywhere and the sad truth

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is that there is darkness in the tunnel. With no solution in sight and as the media gets swamped with the depressing news of budget cuts our minds are tossed even more. However, challenges get us thinking. This is a time to reflect on what can be done to create jobs, and sustain life in many of our communities. In search for answers, I see cooperative economics providing an opportunity to help families, institutions, states and nations build bridges for one another through which to forge ahead. I see cooperative economics speaking to the importance of having and pursuing a shared vision.

Most people can grasp how a specific cooperative might help their community, but when it comes to real transformation of the very fabric of our society and economy, we might wonder whether and how this can be possible given the significant value differences that exist within American culture today. We are now a people torn apart because of the disparities in what we believe. Our desire to be identified as different has eclipsed all other desires. It is these differences that have brought us this far in our struggles. The value of cooperation, as critical as it is in any society, has been dumped on the sidewalk of our community economic development highways. Yet, for any family, community or nation to build strong bridges over the raging rivers of economic meltdown; cooperative economics must be brought to the forefront. Trust must be established among family members, between the public and government, in fact among all community development stakeholders. Organizing local cooperatives provides an opportunity to do just this.

Cooperatives provide a platform, through open membership and local ownership of the enterprise, on which participation of local people in both social and economic activities can be enhanced. They increase people's capabilities to participate in, negotiate with, influence, control, and hold accountable institutions that affect their lives. Evidence from around the world exists to show that multiple systems can coexist within a national economy; people gravitate towards those who share their values while those who do not agree on all the details of life can still coexist. We can look to the co-op experiences of Italy and Spain (the Mondragon) for showcases. The Mondragon cooperative system, for example, grew from the ministry of a single priest in an oppressed and impoverished corner of Spain, which was isolated under the rule of a fascist dictatorship. In a half century the cooperative system has effectively taken over many functions usually considered the work of government,

including health care, social security,



*Wilson Majee  
Community Development Specialist*

and education. Mondragon has grown through the work of people who have freely chosen to join it (McLeod, 2009). In America, among other examples, the Interfaith Business Builders based in Cincinnati has a membership of religious organizations that seek to create healthy and empowered communities through the creation of cooperatives. They seek to pull together people of varying faiths and build relationships of trust. These examples speak to the role cooperatives can play in transforming societies and economies through restoring family values of sharing and justice to strengthen our communities.

We may not agree on exactly what industry cooperative development may prioritize, but the baby step I am suggesting we take is that of building an understanding about how groups of people with a shared vision can organize to address the problems we face in our communities today. Cooperatives have been talked and written about since time immemorial and people are made to conclude that knowledge of cooperative principles and practices is now well ingrained in the American business and farm culture. Yet, reality is far different. Even third- and fourth-generation cooperative members often have only a superficial understanding of cooperative principles. Thus, education on cooperative principles and practices is as important today as it ever was. We need to continue research and discussion on cooperative principles, development and practices because cooperation works. For how long are we going to sit and watch when we have all that it takes to make a change: 4-H, our heads, hands, heart and health?

## MISSOURI STEER FEEDOUT FOR FALL BORN CALVES

Cattle are an important industry in Missouri, with close to 2 million calves born in the state each year. As the retail market changes, the way steers and heifers are valued is also changing. Beef producers should be preparing for the changing markets. The first step in the process of moving to value added beef production is to find out where you currently stand. Very few beef producers have actually acquired carcass information on the calves they raise. Carcass data can be obtained by retaining ownership through finishing or enrolling in a special marketing program that returns carcass data.

The Missouri Steer Feedout allows cow-calf producers an opportunity to evaluate the genetics and management of their calves as they influence feedlot performance and carcass characteristics. Additionally, this is a great way to learn more about retained ownership and gain experience feeding cattle without the investment and risk of feeding an entire pen of cattle, plus you can see if your cattle hit industry targets of 70% Low Choice or better; 70% Yield Grade 1 & 2; and 0% outs. The Missouri Steer Feedout held in conjunction with University of Missouri Extension and Iowa State Extension personnel, along with the Tri-County Steer Carcass Futurity (TSCFC) in Southwest Iowa, has become a great educational program.

Participants will receive reports on their cattle during the feeding period with a final report received once all animals have been harvested and data is compiled. Producers are encouraged to visit and communicate regularly with the feedlots during the feeding period.

To participate in the Missouri Steer Feedout for Fall Born Calves; eligible steers should be born after July 1, 2008. A minimum of 5 head is required to participate with no maximum. The entry deadline is May 10, 2009. With a feedlot placement date set for early June. Optimum entry weights are 500 to 750 lbs. Calves must have been castrated, given a series of vaccinations and weaned at least 28 days with 45 days preferred. Birthdates and sire identity are highly recommended but not required. Calves will be delivered to collection points prior to arrival at a TSCFC feedyard. To learn more about the 2009 Missouri Steer Feedout or to obtain entry forms, please contact Jim Humphrey at (816) 324-3147 or by email at [humphreyjr@missouri.edu](mailto:humphreyjr@missouri.edu).



*Jim Humphrey  
Livestock Specialist*

## WHY GARDEN?

*by Tim Baker, Horticulture Specialist*

First of all, why plant a garden? There are several excellent reasons. You will find that the quality of your food is much improved over food which is shipped in from long distances. You can pick your produce at its prime. This not only improves flavor, but increases the food's nutrient value compared to produce which comes in from long distances.

Much of the flavor and nutrition component is based on the choice of variety. Many of the varieties used for commercial production are selected for shipping, not flavor. When you plant your own garden, you can choose the better tasting varieties. You'll be amazed at the difference.

Gardening is also great exercise. Lots of us tend to gain a few pounds during the winter, and when spring time comes, gardening is a great way to work those pounds off.

While exercise is great when you garden, you don't want to overdo it or hurt yourself. There are labor-

saving methods and tools which can help you if your muscles are challenged too much. There are also tools which are designed for good ergonomics. This is particularly important if you have injuries that you need to watch.

There are even tools for those who have physical limitations that would otherwise keep them from gardening. For example, there are tools that strap onto your arm, and are extended in length. These work great for people in wheel chairs. With these tools, they can plant and work the soil in raised beds.

After you have decided that you're ready to grow a garden, the first consideration is where to place your garden. The site that you select can either benefit your garden or cause problems later.

First of all, you will need a site that is in full sun. Most fruits and vegetables need all the sunlight they can get.

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Now this may present a problem if your yard is mostly shade. Unfortunately, I don't have any answers here. Vegetables need light. Without light, they won't do well.

I have been in this kind of situation myself. We picked the sunniest spot we could find. It did get fairly decent morning sunlight, but the afternoon was shaded. While the plants did grow, I saw an increased amount of stress and disease on the plants. We did the best we could under the circumstances, but full sunlight would have been much better.

If you have a large acreage, with plenty of sunny sites to choose from, the next point to look at is the type of soil at each site. Vegetables and fruits prefer well-drained soils. Again, you may not have much choice in the matter. I've seen some pretty heavy soils in Northwest Missouri. These soils can be amended through time to promote better drainage. If you're stuck with a heavy soil, keep this in mind, as one of your long-term goals.

## SOIL TESTING

There is a wealth of information to be found in a soil test. You will usually find that you have less-than-perfect soil, and a soil test will tell you how to correct your soil's deficiencies.

Some people bringing soil into our Extension Centers have the mistaken idea that a soil test will tell them what toxic substances are in their soil. Perhaps they have tried gardening, and the garden didn't do so well. They are convinced that some toxic chemical lies beneath the surface, and they want to find out what it is.

While this can be done, it is extremely expensive, and University of Missouri Extension does not perform this service. Toxic chemicals are usually not the problem anyway.

The first item that your soil test will cover is pH. Soil pH is a measure of how acid or alkaline your soil is. If this is off, it can be corrected. The correct pH will depend on what type of crop you want to grow. Most garden vegetables need a pH of 6.5, which is slightly acid. Usually, as long as your soil is between 6.0 and 7.0, you are fine.

Some exceptions do exist. Blueberries, for example, require an acid soil, between 4.8 and 5.2.

If your soil pH needs to be raised, the soil test will tell you how much lime to add. If it needs to be lowered, it will indicate how much sulfur to add. Don't add either until the results of your soil test are back.

Soil tests will also indicate the amount of phosphorus, potassium, calcium, and magnesium in your soil. If your soil is deficient, the test will tell you how much to add. These minerals are very important for plant growth; getting a soil test and following its suggestions should get your garden off to a good start.

Soil tests will also tell you how much organic matter is in your soil. Organic matter is very important for plant growth, and our recommendations for nitrogen are based on the amount of organic matter in your soil.

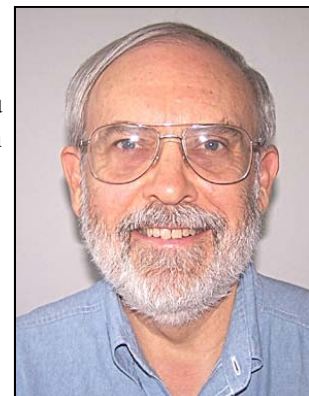
Unless your soil has been amended in the past by adding some type of organic matter, it is probably too low. As a general rule, it's a good idea to get your organic matter as high as you can, since this helps your soil.

Many soil tests with high organic matter often do not suggest added nitrogen, since there is plenty there, associated with the organic matter. Soils with low organic matter, however, usually call for some added nitrogen.

University of Missouri Extension offers soil testing, for a nominal fee. We have small boxes in our office, for that purpose.

When you sample your garden site for soil tests, don't just dig up soil in one place. The best way to accurately sample your garden is to collect as many samples as possible, in a random pattern all over your garden. Collect the soil at a depth of 4-6 inches and put the soil in a plastic bucket. When you are finished, mix the soil in the bucket thoroughly, and fill up that box from your Extension center.

When you are finished, bring it back to us, and within a week or two, you'll have your results. Your local MU Extension Horticulture Specialist can discuss the results with you.



*Tim Baker  
Horticulture Specialist*



## CITIZENSHIP YOUTH FORUM

This summer, youth ages 14 and older are invited to come learn how their government works! This action packed event provides participants an inside look at the Missouri legislative, executive and judicial processes. There is also the option of a media track, where participating youth report on the activities of state government, film their reports and edit the footage for various media outlets. All workshop activities use a hands-on approach, with current legislators and legal

staff on-hand to assist and teach. Don't miss this unique and exciting opportunity to meet legislators and experience your state government from the inside. Scholarships are available, with applications due April 1, and CYF registrations are due May 1, 2009.

For information, visit <http://4h.missouri.edu/events/citizenship/> or contact Becky Simpson at [simpsonre@missouri.edu](mailto:simpsonre@missouri.edu) or (660) 663-3232.

## TEEN FLOAT TRIP

NW Region 4-H staff will be your guides as we float down the mighty Meramec. Take this opportunity to get to know other youth from the NW Region on an outdoor adventure. On the agenda will be the float trip, tour of a cave at Meramec State Park, camping, and general good times! Applications are now available at the Extension Office. There are a limited number of spots available, so get your's in ASAP! Due date is May 15th.

When: June 23 - 25

Where: Meramec State Park

Cost: \$135.00

Who: 4-H members 13-18 (4-H age)



## 4-H FOUNDATION SCHOLARSHIPS

College is expensive but 4-H can help! 4-H participation and involvement leads young people to explore various careers and educational options. The Missouri 4-H Foundation offers college scholarships that help 4-H members pursue their educational dreams.

In 2009, thanks to generous donor support, the Missouri 4-H Foundation will offer 58 college scholarships (\$500 - \$2,500 per scholarship). 4-Hers who are current high school seniors and former 4-Hers who are college students are eligible to apply. The

scholarship guidelines and application is available on the Missouri 4-H website at <http://4h.missouri.edu/recognition/>. Check with your local Extension office for the local application due date. Applications are due in the State 4-H Office by April 1, 2009.

Check the list of scholarships on the 4-H scholarship website and apply! The scholarship application format is almost identical to the 4-H Missouri Recognition Form (MRF) format. If you complete the MRF form, you've completed most of the narrative for the scholarship application, too.

## LIVESTOCK JUDGING CLINIC

University of Missouri Livestock Judging Coach Chip Kemp, members of his team, and other professionals will be putting on a livestock judging clinic in Chillicothe at the Litton Center on May 9th. A livestock clinic will be held in the morning with a practice contest in the afternoon. More information will be coming soon, contact your local MU Extension Office or Shaun Murphy, 4-H Youth Specialist, at (660) 646-0811 with questions. Mark your calendars!

## COME OUT TO THE BALLGAME

**Saturday, May 23, 2009**

This year's game is a cross state rivalry Cardinals will be playing the Kansas City Royals at 12:10 pm in Busch Stadium. Prior to the game, 4-H members and their parents/ leaders can take part in a parade around the ball field—that's right, participants will actually get to go down on the field and march one time around the stadium behind their state or county 4-H banner. Groups of families or county groups that wish to sit together must send their order in one package. Ticket orders must be postmarked by April 13, 2009. A limited number of tickets are available and they sell out fast.

## SPORTFISHING LEADER WORKSHOP

### April 18-19, Windermere Conference Center

Missouri 4-H policy requires volunteers wishing to lead the 4-H Sportfishing project to attend a leader workshop. 4-H Sportfishing is much more than just fishing. It includes fun educational activities in 4 general areas: Aquatic Ecology, Tackle Craft, Angling Skills, and People & Fish. This workshop is offered once a year. Optional arrival on Friday evening. Workshop begins at 9:30 am on Saturday, April 18.

**Cost:** \$40 per person for Saturday & Sunday (4 meals & Sat night lodging) OR \$55 per person that will also include Friday night lodging & Sat breakfast. Pre-registration due by April 1. <http://4h.missouri.edu/go/projects/sportfishing/workshop.htm>.

## HUNTING SKILLS LEADER WORKSHOP

### April 18-19, Windermere Conference Center.

Participate in active learning as you become acquainted with this challenging, yet FUN project. Learn from state instructors how to lead a local/county Hunting Skills program. Experience various teaching activities that have proven effective for youth. Receive answers to your questions. Become a certified 4-H Hunting Skills volunteer leader. Optional arrival on Friday evening with additional session on Friday evening. Training will be provided on wildlife Identification – hides, skulls, scat, tracks, wings; map & compass skills; game recovery/blood trails; plaster casts of animal tracks; State Contest event info & tips; Dutch-oven cooking; Simulated hunting/shooting activities; and Carmelita Hunt.

**Cost:** \$40 per person – for Saturday & Sunday (4 meals & Sat night lodging) OR \$55 per person that will also include Friday night lodging & Sat breakfast. Pre-registration due by April 1. <http://4h.missouri.edu/go/projects/shootingsports/workshop.htm>.

## NORTHWEST REGIONAL 4-H CAMP - FUN IN THE SUN!

Crowder State Park, Trenton MO

There are three Session this year! June 2-5, June 5-8, or June 9-12



Camp applications are available from your county 4-H specialist. Don't miss a chance to spend 4 days of FUN IN THE SUN with area 4-Hers. Get your application in early. Due date is May 15th. If you have already picked up an application, please note an additional session has been added—you may write that in if you are interested in the June 5-9 session. Camp has been running at capacity the last few years, so don't drag your feet. Camp is for 4-Hers age 8-13 years of age (as of Jan. 1, 2009) Cost is \$95.00—which covers food, housing, activities and a t-shirt for 4 days/3 nights.



## SUMMERS AT MIZZOU

Do you have an idea you want to turn into your own business? Are you someone adults turn to when they need help with technology? Do you want to be fit and healthy? Do you like People? Do you faithfully watch Grey's Anatomy, ER or Private Practice? Are you interested in learning about other cultures? If any of these apply to you, Summers @ Mizzou is where you should be the week of July 26! Summers @ Mizzou offers six different camps: High-Tech Health and Fitness, Scrub-In to a Health Career, Build-a-

Business, Child Development and Beyond, Viva El Espanol, and GeoTech. These camps are offered as residential or day camps. Camps are available for a wide range of ages beginning with 12 year olds. Check the registration information for the age range of each camp. Early registration is due by April 7th. For registration and available scholarships see <http://4h.missouri.edu/programs/summers>. For those without internet access, call your local extension center or Teresa Bishop at (573) 884-0554 for a brochure.

# REGIONAL PROGRAM & ACTIVITY CALENDAR

## MARCH 2009

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- 28 Understanding Financial Statements**, 6 - 9 pm, St. Joseph Chamber of Commerce, 3003 Frederick Avenue. This course is designed for business owners, managers, accountants, bankers and consultants who need to know how to turn financial statements into useful management tools. \$49 registration fee. Contact the St. Joseph SBDC office at (816) 364-4105 to register.
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- 28 Missouri Grown—Beginning Grape Producer Workshop**, 10 am - 1 pm, North Platte Elementary School, 300 Scout Street, Camden Point. This workshop is designed to help people who are interested in growing grapes. Whether you want to grow grapes for the wine industry or just as a hobby, this workshop will point you in the right direction. During a two-hour classroom discussion. Extension personnel will introduce topics such as wine grape variety selection, trellis systems, costs of establishment and maintenance, and marketing. Additionally, Jason and Colleen Gerke, owner/operators of Jowler Creek Winery, near Platte City, MO, will share their experience of getting into the business. After the presentations, participants are invited to tour the vineyard at Jowler Creek and enjoy free tastings in the winery. Contact Marlin Bates with the Platte County Extension office at (816) 270-2141 with questions or to sign-up. \$20 registration fee.
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- 31 Missouri Fence Law Program**, 7 - 9:30 pm, Buchanan County Extension office, 4125 Mitchell Avenue, St. Joseph. Come learn the two different fence laws applicable in Missouri, depending on which county your land is located in. Discussion will include: which county has which law, what is a legal fence, liability issues, and resources available to learn more. \$5 registration fee.
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## APRIL 2009

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- 2 Low Cost Home Energy Savings Tips & Tools**, 7 - 9 pm, Velma Houts Fair Building, Rock Port. Learn about low cost practices you can do that can have a large effect on your home energy bill. This class will talk about energy saving practices concerning: home energy checklist, insulation, energy star, five minute tips. \$20 to attend all three sessions (April 2th, 9th, 16th) or \$10 per session. To register call (660) 744-6231.
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- 7 Ag Business Management**, 6 - 7 pm, North Platte High School, 212 W. 6th Street, Dearborn. A team of extension specialists will guide local farmers in thinking critically about their various agriculture enterprises. From livestock, row and forage crops to general ag business, there will be a topic of interest to every ag producer in the area. No registration fee. Register by contacting the Platte County Extension office at (816) 270-2141.
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- 7 How to Control Cash Flow**, 8 - 11 am, St. Joseph Chamber of Commerce, 3003 Frederick Avenue. This course is designed for business owners, managers, bankers (commercial lenders and their staff) and consultants who have limited knowledge of financial statements and want to learn how to use them effectively. \$35 registration fee. Contact Tom Kelso at (660) 446-3724 to register.
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- 9 Missouri Fence Law Program**, 7 - 9:30 pm. Program description is the same as class on March 31. \$5 registration fee. Programs offered at the TCRC, Kirksville and Grand River Technical Center, Chillicothe.
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- 9 Low Cost Home Energy Savings Tips & Tools**, 7 - 9 pm, Velma Houts Fair Building, Rock Port. Learn about low cost practices you can do that can have a large effect on your home energy bill. This class will talk about weatherizing your home and energy conservation tax credits. \$20 to attend all three sessions (April 2th, 9th, 16th) or \$10 per session. To register call (660) 744-6231.
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- 13 Annie's Project**, 6 - 9 pm, Atchison County Extension Center, 201 E US Hwy 136, Rock Port. This is a six session course that will be held on Mondays from April 13th through May 18. This course is for farm women, young and old, (ages 19 to 84). Teams of instructors, which represent University of Missouri Extension, government and private agribusinesses deliver educational programming in the five areas of risk: production management, financial management, marketing, legal issues, and human resources. Also, they learn about money management, constructing a business plan, financial documents, marketing, ownership of assts and leasing issues.
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- 16 Job Interviewer Etiquette**, 7:30 - 10:30 am, First Christian Church, 201 W. 3rd, Maryville. This course is designed for business owners, managers, and department head that have a limited knowledge of what is, and is not, acceptable to ask or do during a job interview. \$20 registration fee. Class will be taught by Tom Kelso. To register call (660) 446-3724.
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- 16 Low Cost Home Energy Savings Tips & Tools**, 7 - 9 pm, Velma Houts Fair Building, Rock Port. Learn about low cost practices you can do that can have a large effect on your home energy bill. This class will talk about renewable energy topics: solar water heaters, photovoltaic, wind, ethanol, and biodiesel. \$20 to attend all three sessions (April 2th, 9th, 16th) or \$10 per session. To register call (660) 744-6231.
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# NORTHWEST REGION EXTENSION SPECIALISTS

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#### St. Joseph Satellite Office

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Steve Holt (660) 646-6920

## FEATURE ARTICLES INSIDE THIS ISSUE:

### Human Environmental Sciences

March is National Nutrition Month  
Healthy Eating on the Run: A Month of Tips  
Shop Smart - Get the Facts on Food Labels

### Community Development

Back to the Basics: Cooperation's Essential Role in  
Today's Economy

### Agriculture

Missouri Steer Feedout for Fall Born Calves  
Why Garden?  
Soil Testing

### 4-H Youth Development

Citizenship Youth Forum  
Teen Float Trip  
4-H Foundation Scholarships  
Livestock Judging Clinic  
Come Out to the Ballgame!  
Sportfishing Leader Workshop  
Hunting Skills Leader Workshop  
NW Regional 4-H Camp—Fun in the Sun!  
Summers at Mizzou

### NW Regional Program & Activity Calendar

### Northwest Region Extension Specialists & Staff

*This is a publication that combines topics on Human Environmental Sciences, Horticulture, Agriculture, 4-H Youth Development, Business Development, and Community Development. It is published by extension specialists for individuals and families living in Northwest Missouri. Your local county extension council provides funding for this newsletter.*

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