

# In Touch with Extension



## Breakfast Brings Benefits

Written by Rachel Buenemann MS, RD, LD

Are you having time for breakfast? Missing your first meal may be robbing you of nutritional variety.

Nutritional variety is a health priority. Each day our bodies task us to acquire 28 commonly referenced vitamins and minerals, as well as sources of fiber, calories, and many more phyto (small, plant) nutrients. Eating a variety of different foods at meals and snacks powers a body through its many functions.

Here's a tip; different foods, in each of the five food groups, have different nutrients. Picking an assortment within each food group throughout the day and week will help you get many nutrients. An example is having beans or seafood instead of animal meat twice a week. The variety of food flavors will make your meals more interesting too.

The MU Extension publication 'Make your plate a healthy plate' <<https://extension.missouri.edu/publications/n359>> lists foods from each of the food groups. Finding convenient ways to include breakfast can add good sources of vitamin A, D, B12; and the minerals calcium, iron, potassium, and fiber to your diet. I polled some visitors at the Phelps County Extension Center this week and these are their favorite convenience breakfasts.

- **Coffee mug egg and frozen vegetable frittata.** "I can freeze everything but the egg a week before, defrost the vegetables for 30 seconds, and add the beat egg with a splash of water for 1 minute more in the microwave. Then I'm out the door."
- **Leftovers and my newspaper.** "I'm not big on breakfast foods. I reheat a vegetable and grain side dish from the night before, and then eat as I check the news. Savory flavors are what I like, so dinner recipes suit me."
- **Overnight oats.** "I have a long commute. I put oatmeal, frozen fruit, nuts, and milk in a to-go dish the night before. In the morning, the oats are packed with my lunch. By the time I get to work, I'm hungry and have a few minutes to eat."

Breakfast contributes around 20% of our daily nutrients according to National Health and Examination Survey 2011 to 2014. It is a chance to build variety into our meals. Variety can also be enhanced by adding one-more colorful serving of vegetable to your day as a snack. Try my favorite, hummus, used as a dip with either carrots, celery, or whole grain crackers.

Remember these breakfast benefits:

- Powers up your mind for learning and academic performance
- Helps manage weight, through satisfying protein and fiber
- Boosts energy and mood by decreasing intense hunger
- High in nutrients for older adults with decreased nutrient absorption

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## Impact of 4-H Programing: A Ten-Year Review

### The Issue

Youth involved in 4-H have the opportunity to be members from ages eight to eighteen. According to a 2009 study from Tufts University, 4-H youth appear to have higher levels of developmental assets that are found to be most important in positive youth development (Lerner et al., 2009). Assessment of long-term 4-H programming is critical to evaluate the success of meeting the objectives of positive youth development. The objectives of this evaluation were to gain insight into the soft and technical skills youth may have acquired through ten years of 4-H participation, as well as, to describe the impact of learning life skills.

### What was done

A ten-question survey was mailed to 125 ten-year 4-H members in Lincoln, Montgomery, and Warren Counties from 2014-2020. Questions included -What knowledge or skills have you learned as a result of being in 4-H; Has there been a change in your behavior as a result of being a 4-H member, and Has there been a change in your social or environmental conditions as a result of being a 4-H member. Sixteen surveys were returned for a response rate of 13%.

### Project Impact

Observations from the ten-year member survey yielded the following results, which have been grouped based on changes in behavior and skills learned. When reflecting on changes in behavior, 25 percent reported they gained self-confidence and 13 percent were not as nervous in front of others. Moreover, 25 percent stated they met new people and 13 percent were not afraid to talk to others.

When asked to describe the impact of their 4-H experience on their behavior, members reported the following:

- I am happier and more positive.
- I am better at public speaking and breaking out of my shell.
- I am more outgoing.
- I am more of a role model to younger kids.
- I have more direction in my life.
- I wouldn't be the person I am today had it not been for 4-H.
- I am more mature.
- I am more productive in all areas of my life.
- I have met and helped people that I would not have without 4-H.
- I now hangout with kids that have a similar background.
- I had a place where I belonged.
- Without 4-H, I might not have found my love of animals.
- 4-H is the only club I have truly enjoyed.



Results for acquired skills showed 30 percent gained leadership skills through their participation in 4-H. Additionally, 13 percent responded to becoming more responsible because of their time in 4-H. Members also described learning the following:

- I learned to control my environment.
- I learned to make better decisions.
- I learned to make career and life choices.
- I learned how to be President of my 4-H club.

Members reflected on their experiences by sharing the following impact statements - "I will remember 4-H for the community service activities" Lincoln County 4-H member, "I will remember all the memories I made with my 4-H leaders and one day I hope to be a 4-H leader too", Montgomery County 4-H member, "I will remember 4-H for all the fun and friendships I made" Warren County 4-H member. Based on survey results, one can determine that the 4-H program develops youth to be valued, contributing members of their community and positively impacts their lives by teaching leadership, citizenship and life skills.

References: Lerner, R. M., Lerner, J. V., Phelps, E., and colleagues (2009). *Waves of the Future: The first five years of the 4-H study of positive youth development*. Institute for applied research in youth development, Tufts University.

## How to Plant a Containerized Tree

Submitted by Sarah Havens

Trees purchased from nurseries are often delivered in a pot or container. These instructions are for planting containerized trees.

### Instructions:

1. Dig a hole 3 to 4 times wider than the container. The hole should have sloping sides like a saucer to allow for proper root growth.
2. Carefully remove the tree from the container keeping the soil around the roots intact. It helps to tap the outside of the container to loosen the edge. Carefully slide the tree from the container. Don't yank the tree out of the container as this can separate the roots from the tree.
3. Sometimes containerized trees become root-bound or the roots look like they're about to circle the root ball. If your tree is like this, cut an X across the bottom of the root ball and four vertical slices along the sides of the root ball with a sharp knife.
4. Set the tree in the middle of the hole. Avoid planting the tree too deep. If the root collar sits below the top of the hole, compact some soil under the tree so that the root flare at the base of the trunk is slightly above ground level. Using some soil, secure the tree in a straight position, then fill and firmly pack the hole with the original soil, making sure there aren't any air pockets. Keep backfilling until the soil is just below the root collar.
5. Create a water-holding basin around the hole and give the tree a good watering. After the water has soaked in, spread protective mulch 2–4 inches deep in a 3-foot diameter area around the base of the tree, but not touching the trunk.
6. The soil and mulch around your trees should be kept moist but not soggy. During dry weather, generously water the tree every 7 to 10 days during the first year. Water slowly at the dripline.
7. Remove any tags and labels from the tree as these will affect the tree as it grows. You may need to prune any broken or dead branches. ([Please refer to the arborday.org pruning guide.](http://arborday.org/pruning-guide))

**Fertilizer?** Do not use fertilizer, potting soil, or chemicals on your newly planted trees. Such products will kill your young trees.

**Watering:** Keeping your trees watered is important during their first year. Keep the soil and mulch moist but not soggy. In dry weather, you should water generously every 7–10 days. The water should soak into the soil and mulch. Avoid watering so much that you see standing water.

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