



November 2022

# THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



## Director's Note

**Denise Dias,**

Wyandotte County Director

There is a holiday for all most everything from national deviled egg day to national turkey day. November is all about looking at the abundance we have and being thankful for it. I am thankful for our staff, volunteers, and participants who work together to improve the lives of others. This month's articles cover everything from gratitude, holiday food safety, and winterizing your vegetable gardens. Read the abundance for yourself.

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# Volunteer with WyCo 4-H Youth Development Today!

Jessie Carr

4-H Youth Development Agent

4-H Youth Development empowers young people to lead for a lifetime...but that empowerment isn't possible without caring adult volunteers! Adult volunteers make a difference in young people's lives by sharing their passion, skills, and talents!

Wyandotte County 4-H Youth Development is always seeking responsible and caring adults to serve as volunteers. 4-H offers a wide variety of volunteer opportunities from one-time events or programs or to a multi-year experience as a club or project leader.

In 4-H young people find their "sparks" through the 4-H Learning Pathway and can participate in projects like; photography, visual arts, foods & nutrition, sewing, leadership, civic engagement and 40+ other project areas!

Adult volunteers are needed to help guide and support youth as they discover their sparks and build skills that last a lifetime. If you are passionate about improving the lives of young people serving as 4-H volunteer would be a great fit for you! We can't wait to work with you!

To learn more about volunteering with Wyandotte County 4-H please visit our website!

# 4-H Youth Development



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# WHY GRATITUDE IS IMPORTANT

**Chiquita Miller,**  
**Family and Consumer Sciences Agent**

As November begins and the holiday season of giving approaches, it is timely to talk about gratitude. The concept of gratitude, or being thankful, has many benefits. Gratitude can decrease negative emotions like stress, anger, resentment, and regret, and increase happiness, empathy, self-esteem, and mental strength, along with positive mental well-being.

Here are some other examples of meaningful approaches to building a habit of gratitude in your life:

**Gratitude letter:** Write a note to let someone know you are thankful for them and a specific action they carry out.

**Gratitude list:** Throughout your day or week as you reflect on things you are grateful for, you can make a list and post it on the wall. Feeling defeated or overwhelmed, you can look at the list to regain your perspective for the day.

**Gratitude journal:** This is a piece of reflective writing, that can note parts or aspects of your day for which you are particularly grateful.


**Gratitude jar:** Place one empty jar on your desk, or wherever you spend the majority of your day, and another jar filled with similar items, such as marbles, pebbles, coins, puffballs, etc. As you experience gratitude throughout the day, move the items from their home jar to the empty jar. At the end of the day, the receiving jar can be a great visual for how much gratitude you felt during your day.

**Gratitude visit:** Take time to go to a person whom you are thankful for and tell them in person.

Expressing gratitude is not just for November, it is something we should all be intentional about doing throughout the year to be the best leaders and human beings we can be!

For more information on gratitude: <https://extension.psu.edu/gratitude-the-benefits-of-being-thankful>

# Family and Consumer Sciences



Today I am  
grateful for

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# EFNEP IS BACK! BUT WHAT IS EFNEP?

**Stephanie Whatley-Hopkins**  
EFNEP Agent

Wyandotte County's Extended Food and Nutrition Education Program (EFNEP) is officially up and running! The first curriculum that we will feature is called Families Eating Smart and Moving More. Please note, that signing up to participate means that you commit to attending at least 8 of the 10 classes in order to graduate.

Some questions that you may have... What will we learn if we come to Families Eating Smart and Moving More? There are 10 core lessons that we will cover in our time together during this first series of classes.

1. Intro to EFNEP
2. Fix it Safe
3. Choosing More Fruit and Vegetables
4. Plan: Know What is for Dinner
5. Shop: Get the Best for Less
6. Shop: Value, Check the Facts
7. Smart-Size Your Portions
8. Make Smart Choices While Eating Out
9. Make Smart Drink Choices
10. Choosing to Move More Throughout the Day

Who is able to attend EFNEP courses? Are you lower-income with children or regularly take care of and feed children? Are you 8 to 26 years old? Are you a pregnant adult or teen? If any of these apply to you, we encourage you to join us.

Why is Families Eating Smart and Moving More a course that I should trust? EFNEP is a federally funded program through the USDA. EFNEP is over 50 years old and is taught by people who have been in the same place as their students at some point in their lives, so they understand how challenging it can be to feed a family on a tight budget. Most importantly, EFNEP courses are evidence-based, meaning that the programs have been proven to have accurate information and that students have seen positive outcomes from attending.

How do you sign up? Email [smwh@ksu.edu](mailto:smwh@ksu.edu) in order to ask about any upcoming classes OR call 913-299-9300.

# Nutrition and Food Safety



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# COOKING FOR A CROWD? KEEP FOOD SAFETY A PRIORITY

Lori Wuellner

Food and Nutrition Agent

This time of year is certainly unique with the changing of colors and temperatures. This is also true when it comes to food and celebrations whether it be a game day or fall/winter holidays where people come together to share a meal. Cooking for a crowd can pose many challenges including adhering to food safety measures. It might be a good time to brush up on your food safety knowledge with a little Q and A:

- 1) A whole cooked turkey must reach what internal temperature to be safe. (Answer: 165 F)
- 2) It is not recommended to wash your turkey before cooking it. (True or False) (Answer: True...don't wash/rinse poultry or any other meat)
- 3) What is the longest that perishable food should sit out at room temperature? (Answer: 2 hours).

These questions/answers and more can be found at <https://food.unl.edu/newsletters/documents/holiday-food-safety-quiz.pdf>. Check it out and see where you stand on your food safety knowledge.

You might also consider bookmarking the following publication from K-State Extension, <https://bookstore.ksre.ksu.edu/pubs/MF2465.pdf>, At Home Safe Food Handling: It's in Your Hands. You'll find information on food safety practices including cleaning, chilling, separating, and cooking as well as storage charts and an end cooking temperature guide.

For information on food safety, nutrition, and wellness email Lori Wuellner at [lwuellne@ksu.edu](mailto:lwuellne@ksu.edu)

## Nutrition and Food Safety



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# CHOICES WHEN IT COMES TO CALORIE INTAKE

Jan McMahon  
Nutrition Program Assistant

It seems like from Halloween on, it is all about food and more food! I am a live-to-eat person. I need to adopt more of eating to live philosophy. After quitting my previous job where I did get 8,000 to 10,000 steps a day. At the end of the school year, the added 15 pounds came because I did not keep up the activity. No, I have not lost those pounds. Plus getting older means being more diligent about nutrient-dense foods. (Foods with lots of nutrients and low in calories). Which is hard, because I have a weakness for sweets. So, I am going to do my best at adopting WebMD 25 Healthy Holiday Choices.

Tips one, eat early and two, graze I have in my habits, but number three got me—Exercise. I hate that word because my elementary PE teacher's idea was 50 pushups, 50 sit-ups, and 50 laps. So, I tell myself to be more active. Walk 10 minutes before work, my lunchtime, and after work is my goal. Renaming it and breaking it into little chunks does not seem so overwhelming. I'm going to follow number twelve -veg out. Veggie snacks for work when I want to snack. These tips will help you maintain these healthy boundaries, but also, occasionally treat yourself! The holiday seasons are meant for celebrating, but also you don't need to blow your daily calories out of the water.

So what strategies are you going to try to become habits for the next 10 weeks? What tips can you share with me?

<https://www.webmd.com/diet/features/25-healthy-holiday-choices>

## Nutrition and Food Safety



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# KANSAS MICRO-INTERNSHIP PROGRAM HELPS TO FILL THE VOID

**Denise Dias**  
Extension Director

There is a lot of emphasis today on work-based learning, and the state of Kansas is pushing apprenticeship programs. Many students, particularly from under-represented groups, have little - if any - opportunity to do a traditional internship.

The Kansas Micro-Internship program is a joint effort between the DeBruce Foundation of Kansas City, the Kansas Board of Regents, and the Kansas Department of Commerce.

The program provides opportunities for Kansas-based companies, non-profit organizations, and entrepreneurs to connect with college students who complete requests for short-paid professional projects.

For employers, the first two projects they hire are free - up to \$500. Students who have received paid internships receive 30% more job offers than those with unpaid internships - and 70% more job offers than those with no internships. Additional data indicates that Kansas jobs are up 9.6% in May 2022 from April 2020, an increase of about 121,800 jobs.

KMI is the only state-sponsored micro-internship program in the United States, it is part of the Kansas Board of Regents strategic plan. As of early October, there are 959 Kansas students and 102 employers registered. Companies can list projects they need help with on the program's website, [KansasMicroInterns.com](http://KansasMicroInterns.com). Students can visit the site to register and pick from the listing of jobs available, most of which are completed remotely, and pay an average of \$15-\$20 per hour.

KMI has been available to Kansas companies and college students since February 2021. The feedback from students and employers has been primarily positive; in fact, employers report 98% satisfaction with the work they received from student interns.

## Community Development



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# VEGETABLE GARDEN PREP IN THE FALL

Lynn Loughary  
Horticulture Agent

Fall is the preferred time to prepare garden soil for next spring's vegetable garden. The spring season is often wet making it difficult to work soil without forming clods that remain the rest of the season. Fall is usually drier allowing you more time to work the soil when it is at the correct soil moisture content. Even if you work soil wet in the fall and form clods, the freezing and thawing that takes place in the winter will break them down, leaving mellow soil the following spring.

Fall is an ideal time to clean up garden debris, as well. Insects often hide in dead plant material. If that debris is worked into the soil, insects will be less likely to survive the winter. Diseases are also less likely to overwinter if old plants are worked under. Also, the garden debris will increase the organic matter content of the soil. Working the debris into the soil is often easier if you mow or shred the old vegetable plants to reduce the size of the debris.

Organic matter is the secret to improving our poor clay soils. Not only are organic materials usually more available in the fall (leaves, rotten hay or silage, grass clippings) but fresher materials can be added in the fall than in the spring because there is more time for them to break down before planting. As a general rule, add 2 inches of organic material to the surface of the soil and till it in. Be careful not to over till. You should end up with particles like grape nuts or larger ones. If you work your garden into the consistency of dust, you have destroyed the structure of the soil.

Lynn Loughary is the Horticulture Agent for Wyandotte County, K-State Research and Extension. She can be reached by calling 913-299-9300, ext 104, or by email [lloughar@ksu.edu](mailto:lloughar@ksu.edu)

## Horticulture



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# Upcoming Events



## November:

November - Eating Smart, Moving More

November 3- Maximizing Space in Your Small Food Garden

November 7- Dining with Diabetes

Multiple Dates: Dotte EATS Classes

NOVEMBER							2022
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
		1	2	3	4	5	
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30				

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