

Cornell Cooperative Extension of Chautauqua County's

Extension Connection



Cornell Cooperative Extension
Chautauqua County

January 2023
Volume 8 - Issue 1

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COVER PHOTO: A wintery day at Sweet Pea Farm in Clymer NY.



Your picture could be on our next cover!

Send your submission to lpc33@cornell.edu

The Chautauqua County Extension Connection (USPS #101-400)

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Association News

Board of Directors

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 Dan Pavlock, County Legislator

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 Laura LeBarron, Silver Creek
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Roxanne Young	Dog
David Schauman	Beef, Meat Animal Sale
Kasey Fanara	Horse
Nannette Knappenberger	Snack Bar
Jamie Smith	Exhibition Poultry
Julie Covert	Market Poultry
Kim Chapman	Rabbit
Ken Styers	Hog
Shawn Huntington	Sheep

From the Office of the Executive Director

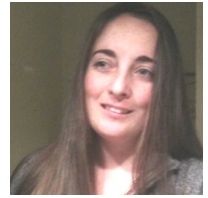
Happy New Year and Thank You for your continued support for Cornell Cooperative Extension of Chautauqua County!

I do hope that your year was full, with more ups than downs and more memories than pain.

In many cases we continue to redevelop programming every day.

We are looking forward to the 2023 Have a Heart for 4-H Green Tie Affair back after a few years without! We hope you can all join us at Chautauqua Suites on February 26, 2023 for a fabulous 4-H celebration with a 1950's theme. As you may know our 4-H Youth Development Program relies heavily on community support to keep our programs going. The Green Tie Affair is one of our largest fundraisers, annually raising \$25,000. We are very fortunate that the Chautauqua County legislature has recognized the value of our programming and increased the local tax dollar support to our programs, allowing us to keep the short-term special interest programming previously covered by a grant program in effect for 2023. We look forward to continued outreach and impact through this support.

It is a time to rejoice in all of our blessings and to look forward to new opportunities. Over the last year, CCE has continued to come together and serve the community with a positive outlook on the future of agriculture, youth development and nutrition. In times of stress and economic struggle, it can be difficult, but the positive feedback, encouraging stories and continued support gives us all hope and encouragement. It is my sincere hope that you find encouragement and positive programming opportunities from CCE-Chautauqua.



CCE CHAUTAUQUA
VEGETABLE
GROWERS
MEETING

FEBRUARY 10TH, 2023
 8:30 - 12:30
 DUTCH VILLAGE RESTAURANT
 8729 W. MAIN ST. CLYMER, NY

PRE-REGISTRATION REQUIRED
 CALL- CCE CHAUTAUQUA
 (716) 664-9502 EXT.209

CCE provides equal program and employment opportunities, please contact our office if you have any special needs.

Chautauqua County Agricultural News

Labor Law Changes for Yearend 2022

New York state made a few changes to state labor regulations that take effect here at the end of 2022.

Labor Postings Now Required Electronically

Employees have been required to post certain notices about federal and state labor laws in a place where employees can easily view them. Usually we find these in offices or break rooms, sometimes collecting a bit too much dust, because they should be reviewed and updated at least once per year. Governor Hochul recently signed **A7595/S6805** requiring employers to provide digital versions of any federal or state notices that are already required for posting. These digital notices may be provided on a company website or via email. Employers must also notify employees that the postings are available electronically. NYS Department of Labor does provide electronic copies of posters. The federal government also provides a FirstStep poster advisor for employers.



Cornell Cooperative Extension

**AGRICULTURAL
WORKFORCE
DEVELOPMENT**

Pay Transparency

The governor also signed legislation requiring all employers with 4 or more employees to disclose a pay rate or “range of compensation” whenever advertising for a job, promotion, or transfer opportunity. The law defines the “range of compensation” in this way: “the minimum and maximum annual salary or hourly range of compensation for a job, promotion, or transfer opportunity that the employer in good faith believes to be accurate at the time of the posting of an advertisement for such opportunity.” This law does not take effect until September 17th, 2023. NYS Department of Labor must formulate rules and provide public outreach about how this law will be implemented, so stay tuned for more information.

Minimum Wage

Of course, the state also mandated that minimum wage in upstate New York will rise to \$14.20/hour on December 31, 2022, so employers should update their payrolls accordingly. Minimum wage is already at \$15/hour in all other regions of the state. See details at the NY state minimum wage site.



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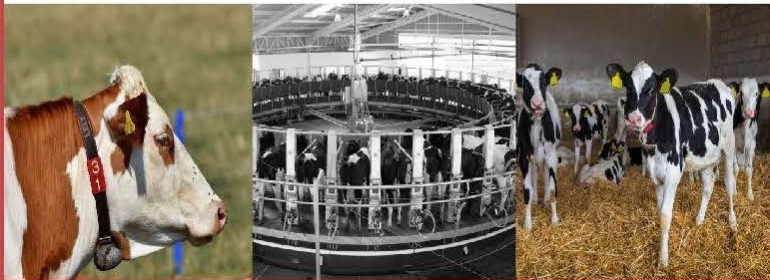
Dairy Technology Tuesdays

This seven-part webinar series offers cutting edge information about dairy technology from industry experts. If you are thinking about incorporating new technology or have already implemented innovative technology this series is for you.

January 10 to February 21, 2023
12:30 PM to 1:30 PM EST

Topics:

- Calf Technology.
- Health Monitoring and Reproductive Management.
- Barn Climate Systems and Footbath Technology.
- Feeding and Nutrition Technology.
- Future Technology.
- Milking technologies.
- Renovations Considerations When Adopting Technology.



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Assessing Trends and Advancing Research for Smart Solar

Please join us on Wednesday January 11th between 11:30 and 12:30 to learn how American Farmland Trust is advancing Smart Solar principles in New York. The session will include highlighting cutting edge research led by Cornell University and its Sustainable Solar initiative. We will invite questions and discussion for an interactive session intended to inform farmers, farm advisors and others interested in the future of New York farmland. Please register for the event here:

<https://forms.office.com/r/meZcV1Yaph>

The US Department of Energy estimates we need more than 10 million acres to scale up solar energy by 2050, and AFT projects over 80 percent could be sited on agricultural lands. With passage of the Climate Leadership and Community Protection Act and ambitious clean energy targets now set in state law, New York is at the forefront of this energy transition and associated land use challenges. This growth will create opportunities, but it also threatens farmland, and the conflict between using land to grow food and using it to produce energy is generating public backlash against renewable energy deployment overall.

Farmland in New York and across the Northeast is already under threat from residential and commercial development - nationally, poorly planned development and rural sprawl consume 2,000 acres of agricultural lands daily. American Farmland Trust's most recent study [Farms Under Threat 2040: Choosing an Abundant Future](#) shows if we continue this business-as-usual development over 450,000 acres of New York farmland could be converted or lost by 2040. Implementing smart solar principles and advancing critical research will help New York to accelerate solar energy development, strengthen farm viability and safeguard land well-suited for farming.

1 CCA CEU will be available

Presenters:

Ethan Winter, Northeast Solar Specialist, American Farmland Trust ewinter@farmland.org

David Kay, Senior Extension Specialist, Department of Global Development, dlk2@cornell.edu

Kathryn Bills Wash PhD, Research Associate Center for Conservation Social Sciences, kbw45@cornell.edu

Chautauqua County Dairy Ambassador News



Chautauqua County Dairy Ambassadors (right to left) Erma Wolcott, Evie Woodis, Ana Frederes and Violet Walker enjoyed promoting & serving dairy products to visitors at the 2022 Chautauqua County Fair.

My name is Erma Wolcott, and I am the 2022-2023 Chautauqua County Dairy Ambassador. The promotion team and I are working to give people a greater understanding of the dairy industry and the health benefits of dairy products. Sadie Steward, the Associate Dairy Ambassador, and our promoters, Evie Woodis, Ana Frederes, Violet Walker, Emma Rowe, Maddy Griswold, Randi Frank, and Paige & Wyatt Winton have been to many events to promote dairy and interact with the public.

Last summer, our team was at both the Chautauqua County and Erie County fairs. We gave the public free dairy products, while telling them the benefits of drinking and eating dairy products and we answered their questions. Last fall, Sadie, Violet, and I went to the Chautauqua County Farmer Neighbor Dinner, where I did a speech focusing on and promoting agriculture. We also served our famous milk punch recipe.

Evie Woodis participated in the Visit the Farm Day hosted by Brehm Farms in Falconer, as well as the Farm Bureau and Cornell Cooperative Extension Annual Meeting in October, where Evie promoted milk and dairy products to the public.

During 2023, my promotions team and I plan to go to school classrooms and visit many students throughout Chautauqua County. We hope to bring a calf, talk about dairy cows and dairy products, as well as answer any questions the kids have. We are so excited to get out and promote the dairy industry!

(See milk punch recipe on page 7)



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- Beginning Farmer Programs
- Crop Insurance



Milk Punch Recipe

Great for parties, hot summer days, or to enjoy by yourself or with your family, anytime.

Ingredients-

1. 1 gallon of milk
2. 1 gallon of sherbet ice cream
3. 2 liters of sprite

Mix all the ingredients into a punch bowl and serve.

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- ◆ Dynasty: Pro Pellet 14-6
- ◆ Mane Menu: Textured 14%,
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Chicken Products:

- ◆ Economy Feed: 16% pellet
- ◆ Home Fresh: Starter, Breeder, Ex Egg Layer
- ◆ Organic: Starter, Broiler, Layer pellets
- ◆ Meal Worms & Scratch

Dog Products:

- ◆ Entrust: Puppy, Large Breed Puppy, Lamb & Rice, Chicken & Barley, Pork & Barley
- ◆ Natural 26: 5lb, 25lb, 50lb
- ◆ Peanut butter biscuit / dog toys

Cat Products:

- ◆ Entrust: Kitten, Adult Cat
- ◆ Barn Cat: 32 lbs

Rabbit Products:

- ◆ Home Fresh: Show Hutch Deluxe 17, Top Hutch 18
- ◆ Bunny: 16%

Wild Bird Products:

- ◆ Bird seed: Sing Along, Song Maker, Concerto
- ◆ Black oil Sunflower: 20 lb, 40 lb
- ◆ Nyjer Seed: 25 lb
- ◆ Suet Cakes: High Energy, Orange, Nut & Berry
- ◆ Bird houses & Feeders

Beef Products:

- ◆ Beef Show: Grower, Blender, Finisher
- ◆ Minerals: Kent 365 ADE
- ◆ Lick tubs: EnergiLass 32, EnergiLass 12AFC

Goat Products:

- ◆ Caprine Challenger
- ◆ Mane Menu
- ◆ Lick tub: EnergiLass Goat Tub

Bedding:

- ◆ Pine shavings / sawdust
- ◆ Hardwood shavings

Alpaca:

- ◆ Home Fresh Alpaca Crunch

*CrackerJack Farm Feed & Variety Store
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Bemus Point, NY 14712
<https://crackerjack-farm.square.site>
716-499-9985*



JANUARY 2ND – 31ST AG. DISTRICT INCLUSION PERIOD

Application Period for 2023

Chautauqua County Agricultural & Farmland Protection Board will be accepting applications from landowners to have their predominately viable agricultural lands including into a New York State Certified Agricultural District. Application must be received by no later than 4:30pm on January 31st to Lauren Sharp at sharpl@chqgov.com or mail to the Department of Planning & Development.



For more information contact Lauren Sharp at sharp@chqgov.com or go to bit.ly/CHQaginclusion.

Ag. District Inclusion Checklist

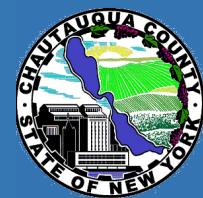
Complete an Ag. District Inclusion Application

Available at:
bit.ly/CHQaginclusion

Provide relevant portion of tax map

Available at:
bit.ly/CHQgis

Submit to
sharpl@chqgov.com



Chautauqua County

Department of
Planning & Development

201 West Third St Suite 115
Jamestown, New York 14701
716-661-8900

Planningchautauqua.com

Free
Mental Health First Aid Training
for Agricultural Community of Western NY

WHO

Farmers, agribusiness workers, and anyone who interacts with the agricultural community is encouraged to attend this free training (lunch included).

WHAT

Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance abuse related crisis. For more information visit www.mentalhealthfirstaid.org

WHERE

Jamestown Community College, Carnahan Center 525 Falconer Street
Jamestown, NY 14702

WHEN

March 14, 2023 8AM-5PM with 1 hour lunch (provided free to all registrants)
Register by March 7, 2023

WHY

This course is being taught by instructors with a background in agriculture. Help us create a stronger level of support and acceptance around mental health challenges within the farming community of Western New York.

HOW

Scan the QR code below, visit www.nyfarmnet.org/trainings, or call
1-800-547-3276



REGISTER HERE!



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Chautauqua County



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Daughter Hannah and her homebred Northkill Creek Groovy were first-timers at World Dairy Expo. As junior show Brown Swiss Grand Champion and Reserve Supreme, Groovy was also first 5-year-old, Reserve Senior and HM Grand of the open show. Hannah and her friend Landree Fraley of Muncy (above), with her R&W junior show Grand Champion shared the Supreme pageant, just like at the All-American.

Both girls give much gratitude and credit to Doug and Matthew Boop of Heart and Soul Holsteins and Jerseys of Millmont.

“The difference maker is this crew. They work with these animals at all of the shows and know them like we do,” they said of the Boops, who also love Udder Comfort. “You can never have enough Udder Comfort!” says Matthew.

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Chautauqua County Soil & Water Conservation District Newsletter

Northcrest Business Center, 220 Fluvanna Ave,
Suite 600, Jamestown, NY 14701
Phone (716) 664-2351 Ext 5
Email: chaut-co@soilwater.org
Board Meetings are held the third Wednesday
of each month at 8:30 AM
Board of Directors: Fred Croscut, Jay Gould,
Bruce Kidder, Allen Peterson, Lisa Vanstrom



SWCD Staff:
David Spann, District Field Manager
Cassandra Pinkoski, Grants Specialist
Greg Kolenda, District Field Technician
Hailey Laramie, Water Quality Technician
NRCS Jamestown Field Office Staff:
Robert Nothdurft, District Conservationist
Anna Emke-Walker, Soil Conservationist

Stream Erosion & What to Do About It

Chautauqua County landowners have been seeing unprecedented rain events one after the other, which has greatly affected water channels all throughout the county. Due to these rain events, erosion has greatly increased, causing landowners to search for solutions. If you are one of these people, our office can provide technical assistance to deliver a plan of action. Depending on the situation, grant funding could be an opportunity as well.

The procedure from assessing your erosion problem to the end result of fixing it is quite simple, but it is usually a long process. The first step to fixing an erosion problem is to call professionals, like Soil & Water, to assess the issue. Once this is done, technical assistance can be provided through designing and permitting the project. Determining if your project needs a permit is simple, but if your property falls on a protected stream, this can lengthen breaking ground on a project by months. For a protected stream project, a permit must be sent into the New York State Department of Environmental Conservation (NYSDEC). They must review the project, which can take months due to the influx of permit requests they receive on a regular basis. It is advisable to plan well in advance for any stabilization project that a landowner would want to pursue.

Grant funding is also something that the District may be able to help a landowner pursue. Grant funding is not something that will be available to all landowners because it is usually dependent on the watershed that your project falls within among a host of other factors. One common grant funding opportunity that this office utilizes is known as the 2% Bed Tax Water Quality Grant. This opportunity can fund up to \$40,000 on one project. The minimum a landowner can apply for is \$500. This grant is competitive, and they are reviewed

in the spring by the Chautauqua County Waterways Panel. There are several criteria that this panel uses to rank the applications like erosion and sediment control benefits, water quality benefits, feasibility, ecological benefits, riparian buffers, and more. However, it is a good idea to plan well ahead before applying for this grant because work may not begin until the year after the grant is approved. If the erosion you are experiencing on your property is severe and needs immediate attention, this grant may not be a good fit.



Please enjoy some before and after photos of a project showcasing work we have completed. While there are many landowners who need assistance to resolve their erosion issues, the Soil & Water office is prepared to help. Call us at 716-664-2351 x5 to set up a time to visit your property. We are looking forward to helping you!

January

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 	2 Holiday	3	4 Hog Committee 6:30 PM	5	6 Dairy Bowl Practice Juniors and Novice 6:30 PM	7
8	9 Rabbit Committee 7:00 PM Meat Animal Sale 6:30 PM	10	11 Dog Committee 7:00 PM	12 Program Committee 6:30 PM	13	14 Presentation Day Training 10:00 AM
15	16 Holiday	17 Horse Project 6:30 PM	18 Beef Committee 7:00 PM Hog Project 6:30 PM Dog Project 6:30 PM	19 Sheep Committee and Project to follow 6:00 PM/ 7:00 PM	20	21 Dairy Food Science Meeting 12:30 PM
22	23	24	25	26 Rabbit Project 6:30 PM	27	28
29	30	29	30			

February

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Exhib. Poultry Project 6:30 PM	2	3	4
5	6	7 Rabbit Committee 7:00 PM	8 Hog Committee 6:30 PM Dog Committee 7:00 PM Exhibition Poultry Committee 7:00 PM	9 Rabbit Project 6:30 PM	10 Dairy Bowl Practice 6:30 PM	11
12	13 Program Committee 6:30 PM Goat Committee 6:45 PM	14	15 Dog Project 6:30 PM	16 Sheep Committee and Project 6:00 PM	17 Dog Project 6:30 PM	18
19	20 Advanced Leather Tooling 10:00 AM	21 Beef Committee 6:30 PM	22 Hog Project 6:30 PM	23 Rabbit Project Animal Crackers 6:30 PM	24	25
26 Green Tie Affair Chautauqua Suites 	27	28				

Meat Quality Seminar

Please join us March 15th at 6:30PM in the JCC Carnahan Theater. Youth who are interested in learning about meat quality are welcome to attend this discussion presented by Lyda Garcia, PhD from Ohio State University, where she holds the title of an Associate Professor of Meat Science. She has graded thousands of carcasses throughout the Midwest during her career and is the coordinator of Meat Judging. Lyda will be traveling from Ohio and attending in person. She is super enthusiastic and passionate about the agriculture industry and we are so lucky to have her coming. This is a great opportunity as the meat is from a local source. Youth do not need to be participating in a meat animal species project to attend. – PLEASE REGISTER with Lindsey Crisanti lc832@cornell.edu

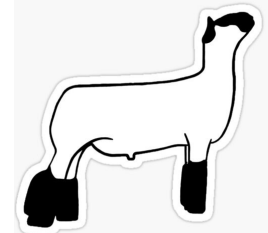
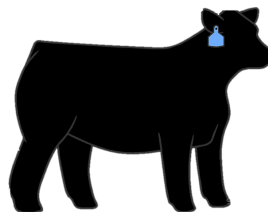
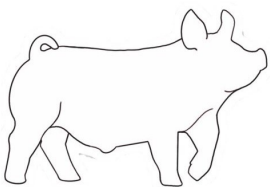
NYS Livestock Summit

Dutchess County 4-H is hosting an event that will consist of multiple virtual speakers sessions all based on livestock topics. A follow up session will be held after each speaker session the following Friday at 6:30pm where participants can engage in a fun recap of that week's topic! This event is open to all New York State 4-H members between the ages of 8-18. Watch our Facebook page for more information. Registration will remain open for the entirety of the session dates. Any questions? Contact Emma Kron at elj57@cornell.edu or 845-594-9601



Livestock Judging Workshops

We will be holding Livestock judging workshops in the spring. These are designed for not only 4-H members, but FFA and local community members as well. We are bringing in professionals to discuss their knowledge on evaluating market and breeding animals, including beef, swine, and sheep. These workshops will focus on selection of principles, oral reasons, live market evaluation, and breeding animals performance data. Each workshop will cost around \$5. This money will be put into prize money for the livestock judging competition at the Chautauqua County Fair in 2023. Hope to see you participate!



Dairy Food Science Meeting

ALL 4-H members are welcome to attend!
Dairy Food Science Meeting Saturday, January 21, 2023
at Jamestown Community College, Carnahan Center, Jamestown
12:30 pm - 3:00 pm

Join us to learn all about different dairy products and what makes them unique. Youth will participate in hands-on stations all focusing on a different aspect of dairy food and processing. Compare and contrast various samples of dairy products, learn about the steps it takes to turn milk into butter, cheese, canned dairy products and hear from dairy processing professionals. Youth may also get a chance to make their own ice cream!



Advanced Leather Tooling

Monday, February 20, 2023

Nancy Johnson's shop in South Dayton, NY

10:00 am – 2:00 pm

This is a follow up class for youth with previous leather tooling experience.

Limit of 14 youth participants. Please register with Lisette by February 3rd lmc323@cornell.edu

Presentation Day 101

Saturday, January 14, 2023 – 10:00 am

JCC Carnahan Center

This workshop is for 4-Hers who are looking for a head start on their 4-H presentation for countywide Presentation Day on March 4, 2023. Youth will learn about the different types of presentations, how to create an effective poster, and other public speaking tips. Please register with Lisette by January 10th

lmc323@cornell.edu

Cake Decorating L.E.A.F Jr. Class

We are having a cake decorating class February 2nd at 6:30PM in the JCC Carnahan Theater. 3 C's Catering will be hosting the class. Youth will walk away with the cake, and their own piping bags and frosting tips. The class is open to ALL YOUTH 5-19. We have a maximum of 20 participants so please pre-register with Lindsey at the 4-H office or call 716-664-9502 ext. 212 or email lc832@cornell.edu

Cost:

\$20 4-H youth

\$25 non 4-H youth



We are bringing back the Green Tie Affair Dinner!

This year the theme will be the 50s. Clubs are going to be making center pieces.

We are looking for help with the pie auction.

Donations are welcome for the basket raffle.

More information to come. Any questions regarding the event contact Lindsey lc832@cornell.edu.

Hope to see you there!

Sponsored by
**Chautauqua
Suites**

**FEBRUARY
26TH, 2023**

**CHAUTAUQUA
COUNTY 4-H'S
GREEN TIE
AFFAIR**

Save The Date

Animal Project News



Exhibition Poultry Project

Committee Meetings

Wednesday, February 8th
Wednesday, March 8th
7:00 pm

Project Meetings

Wednesday, February 1st
6:30 PM
Wednesday, March 1st

Committee Chair: Jamie Smith
smith_jamie@mac.com

4-H Program Committee

Thursday, January 12th
Monday, February 13th

*ALL meeting are at 6:30 PM
unless otherwise noted



4-H

Meat Animal Sale Committee

Monday, January 9th
6:30 PM



Dog Project

Committee Meetings

Wednesday, January 11th
Wednesday, February 8th
7:00PM

Project Meetings

Wednesday, January 18th
Wednesday, February 15th
All Project Meetings at 6:30 PM

Any changes will be posted on
REMIND!

Committee Chair: Roxanne Young
roxy6825@windstream.net

Horse Project



Committee Meeting

Tuesday, January 10th
Tuesday, February 14th

Project Meetings

Tuesday, January 17th
Tuesday, February 28th

*ALL meetings are at 6:30 unless otherwise
noted*

Committee Chair: Kasey Fanara
blondieshort24@yahoo.com



Beef Project

Committee Meetings

Wednesday, January 18th
Tuesday, February 21st

Project Meetings

Tuesday, March 7th

*ALL meetings are at 6:30 unless
otherwise noted*

Committee Chair: Dave Schauman
janschauman@gmail.com



Sheep Project

Committee Meetings

Thursday, January 19th
Thursday, February 16th
6:00 PM

Project Meetings

Thursday, January 19th
Thursday, February 16th
7:00 PM

Committee Chair: Shawn Huntington
shuntington@randolphcsd.org



Rabbit Project

Committee Meeting

Monday, January 9th
Tuesday, February 7th
7:00 PM

Project Meetings

Thursday, December 8th
Thursday, January 26th

*ALL project meetings at 6:30 unless
otherwise noted*

Committee Chair: Kim Chapman
kchapman4574@gmail.com



Market Poultry Project

Project Meetings

Committee Chair: Julie
Covert

jcoverts@windstream.net



Hog Project

Committee Meeting

Wednesday, January 4th
Wednesday, February 8th

Project Meeting

Wednesday, January 18th
Wednesday, February 22nd

*ALL meetings are at 6:30 PM unless
otherwise noted

Please note: One parent/guardian MUST
attend meetings with their 1st and 2nd year
members.

Committee Chair: Ken Styers
styersk@yahoo.com

Dairy Project Meetings

Friday, January 6th– Dairy Bowl Practice
Novice and Juniors
Friday, February 10th- Dairy Bowl Practice
Novice and Juniors
6:00 PM
Saturday, January 21st—Dairy Science
12:30 PM

Committee Chair: Dan Crowell
Annam@acct-solutions.com



Goat Project

Committee Meeting

Monday, February 13th
Monday, March 13th

Project Meetings

Monday, February 27th
Monday, March 27th

*ALL meetings are at 6:45 PM unless
otherwise noted*

Watch our Facebook page!
Contact: Keith LaRoy
716-485-1537



E-mail: msd263@cornell.edu to receive the monthly newsletter!



Welcome to SNAP-Ed!

Is winter giving your kids cabin fever?
Below are some indoor activities if they can't make it outdoors.



PHYSICAL ACTIVITY FOR KIDS: INDOORS!

A Helpful Infographic

Benefits

- Better mood
- Sleep well at night
- Stronger muscles and bones
- Healthy weight
- FUN!



Recommendations

- Ages 6-17 years old: 60 minutes of moderate or vigorous physical activity each day
 - include muscle and bone-strengthening activities like climbing and jumping at least 3 days a week
- Ages 2-5 years old: play actively several times each day



Examples

- Scavenger hunts
- Keep balloon off the ground
- Sports/action charades
- Obstacle course
- Assign action for each number in a deck of cards (ex- 8 means 10 jumping jacks)
- Get them moving during screen time (60 minute show=15 minutes of commercial breaks)





BOOST YOUR IMMUNE HEALTH* WITH NUTRITION

VITAMINS AND MINERALS FOUND IN FRUITS, VEGETABLES, LEAN PROTEINS, DAIRY AND WHOLE GRAINS, REGULATE AND SUPPORT THE IMMUNE SYSTEM. IMMUNE HEALTH HAS BEEN LINKED TO DECREASED RISK OF ACQUIRING INFECTION AND IMPROVED IMMUNE RESPONSE.

WHAT ARE NUTRIENT DENSE FOODS?

LEAN PROTEINS

Protein helps the body build and repair tissues. Examples of good sources of protein are meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds.

LOW FAT DAIRY

Provides calcium and vitamin D to support bone health. Dairy products are fluid milk, milk products and calcium-fortified soymilk (soy beverage). Look for low fat or fat free options.

FRUITS & VEGETABLES

Eat a colorful variety of fresh, frozen or canned fruits and vegetables to consume an array of vitamins and minerals. Examples: bell peppers, oranges, kiwi, tomatoes, kale, spinach, sweet potatoes.

WHOLE GRAINS

At least half of the grains you eat should come from whole grains. Look for phrases like 'whole wheat' or 'whole grain'. Examples: whole wheat flour, oats, quinoa, buckwheat, brown rice.

Recipe of the Month



Ingredients

- 1/2 cup nut butter or seed butter (almond butter used for nutrient analysis)
- 2 teaspoons honey
- 1 teaspoon cinnamon
- 1 cup oats
- 1 tablespoon sunflower seeds

Directions

1. Measure out all the ingredients.
2. In a bowl mix together nut butter or seed butter, honey, cinnamon, and oats.
3. Press mixture into an 8 x 8 baking dish
4. If desired, add toppings such as nuts, seeds, or dried fruit!
5. Refrigerate for easy slicing. Cut into 6 pieces for serving.



For more information:
Patty Amidon, SNAP-Ed NY Project Manager
✉ paa79@cornell.edu
(585)268-7644 ext. 12



EFNEP Newsletter

Produced by Cornell Cooperative Extension January 2023

For more information about this and other County programs, call 716- 664-9502 Ext. 221

Enjoy Frozen Vegetables and Fruit!



Frozen vegetables and fruits can help you save money when grocery shopping, give you more variety when choosing produce, help you increase the amount of vegetables and fruits in your diet, and give you all the nutrients and healthy eating benefits of fresh vegetables and fruit.

Frozen produce is often less expensive per ounce or pound than fresh varieties. This is especially true during winter. Compare the unit price of the produce you are looking to buy and consider how you will use it. Frozen produce is already washed and chopped, so using it may save you time. Adding frozen vegetables to soups, stews, casseroles, or other recipes can provide you with more variety during winter than what you might find in the fresh produce section.

Having a variety of frozen vegetables and fruits on hand helps you to add variety to meals and snacks and because of its convenience, can help you increase the amount of vegetables and fruit you eat every day. You can have a vegetable side dish cooked and ready to serve in just a few minutes when you use frozen vegetables, helping you get dinner served quickly.

It's often thought that frozen vegetables and fruits are less healthy and have fewer nutrients than their fresh counterparts. Good news! Frozen produce is just as healthy and has the same nutrients as fresh produce. Most frozen produce is picked and processed when it is at the peak of ripeness and the nutrients are locked in during the freezing process.

Choose frozen vegetables and fruit with no added sauces or sweeteners. They are low in calories, budget friendly and a great way to add color, flavor, nutrients and variety to your meals, especially during the winter.

KORNER

**I
D
S** Visit your local public library and borrow the children’s classic “The Snowy Day” written by Ezra Jack Keats. Read this book to your child and explore a snowy day through the eyes of a child. When you finish reading, to outside together and explore the snowy world in your neighborhood, yard or local park.

Broccoli Potato Soup

Makes 4 servings Serving size: 1/4 of recipe

Ingredients

- 4 cups broccoli (chopped) - (try frozen broccoli)
- 1 onion (small, chopped)
- 4 cups chicken or vegetable broth, low-sodium
- 1 cup evaporated milk, non-fat
- 1/2 cup mashed potatoes, instant (prepare with water to make 1 cup potatoes; could also use 1 cup leftover mashed potatoes.)
- salt and pepper (to taste, optional)
- 1/4 cup cheddar cheese, shredded (or cheese of your choice)

Directions

1. Wash hands.
2. Combine broccoli, onion, and broth in large sauce pan.
3. Bring to a boil.
4. Reduce heat. Cover and simmer about 10 minutes or until vegetables are tender.
5. Add milk to soup. Slowly stir in potatoes.
6. Cook, stirring constantly, until bubbly and thickened.
7. Season with salt and pepper; stir in a little more milk or water if soup starts to become too thick.
8. Ladle into serving bowls.
9. Sprinkle about 1 tablespoon cheese over each serving.



Nutrition Facts for 1/4 of recipe: 194 calories, 5g total fat, 2g saturated fat, 10mg cholesterol, 310mg sodium, 26g total carbohydrates, 3g dietary fiber, 10g total sugars, 0g added sugars, 15g protein, 1mcg Vitamin D, 307mg calcium, 2mg iron, 921mg potassium, 82mg Vitamin C, 23% calories from fat

Source: Arizona Nutrition Network, *Don't Play With Your Food: Fall and Winter Cookbook* myplate.gov/recipes

EFNEP provides nutrition education to income-eligible families, young adults and children in counties throughout New York State.

A series of 8 classes is offered to adults and young adults in person, via Zoom or by phone.

Workshop series include:

- *Family Nutrition Education Curriculum
- *Finding A Balance - Diabetes
- *Healthy Cents
- *Breastfeeding.

A series of 6 classes is offered to youth aged 8-12 in school, at after school programs and through 4-H.

Workshop series include:

- *Choose Health: Food, Fun and Fitness;
- *Cooking Up Fun! Vary Your Veggies
- *Teen Cuisine

If you or your organization are interested in scheduling classes, please call your local nutrition educator:

CCE Jamestown
Wendy Alexander
716-664-9502 x 221
wa66@cornell.edu

This material was funded by the USDA's Expanded Food and Nutrition Education Program.

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