



### Henry/Stark Counties

358 Front St. Galva, IL  
(309) 932-3447  
Tues, Wed, Thur. 8 am - 4 pm

### Mercer County

910 13th St. Viola, IL  
309-513-3100  
Tues, Wed, Thur. 8 am - 4 pm

### Rock Island County

321 W 2nd Ave. Milan, IL  
(309) 756-9978  
Mon-Fri. 8am - 4 pm

Visit our website: [extension.illinois.edu/hmrs](http://extension.illinois.edu/hmrs)

## Eat Better, Eat Together Month

By Kristin Bogdonas, nutrition and wellness educator

October marks the celebration of National Eat Better, Eat Together Month, emphasizing the importance of family meals. Eating together as a family not only encourages healthier eating habits but also fosters stronger bonds among family members.

Research has shown that children who regularly dine with their families are less likely to indulge in unhealthy snacks and more inclined to consume a balanced diet rich in fruits, vegetables, and whole grains. Beyond the nutritional benefits, family meals provide a unique opportunity for parents/caregivers and children to reconnect, leading to improved academic performance, reduced behavioral issues, and enhanced communication skills in kids.

- Take a look at your family's calendar and identify a suitable time for everyone to come together.
- Identify any obstacles that might be hindering family meals and brainstorm ways to overcome them.
- Even if you can only manage it once a week, starting with that commitment is a fantastic beginning, and you can gradually increase the frequency.
- Remember that family meals don't have to be limited to dinner; breakfast and lunch are also excellent opportunities for family bonding.

If the concept of family meals has become a distant memory, take this October as an opportunity to establish a new tradition of eating together and improving your family's overall eating habits. National Eat Better, Eat Together Month serves as a reminder of the numerous benefits that can be reaped from this simple yet meaningful practice.



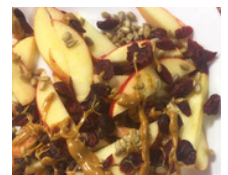
### Meal Ideas the Whole Family will Love

Try a DIY meal so everyone gets to choose their favorite toppings! Set out all the ingredients and let your family members prepare their own meal with the ingredients they can (or, will) eat. This concept works well with:

- Tacos, burritos, nachos
- Loaded baked potatoes
- Mini pizzas using naan or English muffins
- Pancakes, omelets, and overnight oats
- BIG salads or protein bowls
- Wraps, sandwiches, or stuffed pitas
- Baked or grilled foil pack meals

### For a Fun Fall treat, try Apple Nachos

**Ingredients:** 1 teaspoon lemon juice, 2 medium apples, thinly sliced, 2 tablespoons sunflower seeds, 1/4 cup dried cranberries or raisins, 1 tablespoon mini chocolate chips, 2 tablespoons creamy peanut butter, 1 and 1/2 tablespoons honey.



**Preparation:** Wash hands, rinse apples. Add lemon juice to sliced apples to reduce browning, spread slices on a plate and top with sunflower seeds, cranberries or raisins, and mini chocolate chips. Combine peanut butter and honey in a microwavable safe container. Microwave 20 seconds and stir until smooth. Drizzle peanut butter sauce over apple slices, and enjoy!

Get more recipes at [eat-move-save.extension.illinois.edu](http://eat-move-save.extension.illinois.edu)

## DIABETES 101



**Join our Fall Diabetes 101 Free Online Series Mondays at Noon October 4th to November 8th**

Build a strong foundation for diabetes care! Get ready to empower yourself with valuable insights, tips, and strategies. Participants will learn the importance of lifestyle and how nutrition, meal planning, physical activity, weight, stress management, and talking with their healthcare provider can help improve their quality of life and feel better.

This six-week series comprised of one-hour sessions offers a wide variety of topics. Individuals can sign up for all the sessions or just the ones they want to learn more about.

Session dates:

- Building a Strong Foundation | Oct. 4, Noon
- Not All Carbohydrates Are Created Equal | Oct. 11, Noon
- Meal Planning Made Easy | Oct. 18, Noon
- Why Sodium and Fat Matter | Oct. 25, Noon
- Get to Know Your Diabetes Care Team | Nov. 1, Noon
- Management Beyond Food | Nov. 8, Noon

Participation is free, but registration is required at [go.illinois.edu/Diabetes101Registration](http://go.illinois.edu/Diabetes101Registration)

## Preserving Apples

It's apple season! The leaves are changing colors, and your local orchards are filled with apples. Illinois Extension has some great resources to learn how to juice, freeze, can, and dehydrate apples.



- Canning Pie Filling? Do you have Clear Jel®? [go.illinois.edu/CanningPieFilling](http://go.illinois.edu/CanningPieFilling)
- Canning Foods at Home [go.illinois.edu/CanningFoodsAtHome](http://go.illinois.edu/CanningFoodsAtHome)
- Preserving Apples (PDF) [go.illinois.edu/PreservingApples](http://go.illinois.edu/PreservingApples)



**Spooked by Spending Plans? Gain Control over your Financial Fears with the Get Savvy - Grow Your Green Free Webinar, Wed Oct 11, Noon - 1 PM**

Creating a budget can feel like you're constricting your funds so you can't have fun; however, creating a spending plan will ensure you're determining where your hard-earned money goes. Learn what drives our spending desires and find tools that work best for you to gain complete control over your financial fears.

Participation is free, but registration is required at [go.uillinois.edu/getsavvywebinars](http://go.uillinois.edu/getsavvywebinars)



**What to Eat, When you Can't Eat That | Lessons for Living Free Webinar, Tues Oct 10, 10 AM**

Learn how to read nutrition labels, identify hidden allergens, and explore the differences between an allergy, sensitivity, and intolerance. This program will discuss common and uncommon food allergies and simple substitutions for nutritious meals - plus you'll take home recipes the whole family will enjoy!

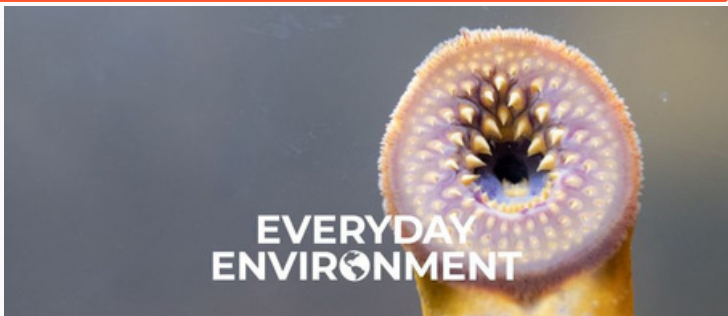
Register at [go.illinois.edu/2023HCElessons](http://go.illinois.edu/2023HCElessons)



## Wellness in Nature | Four Seasons Gardening Webinar Series Tues Oct 17, 1:30 PM

From creating a sensory experience while growing vegetables and fruits in a garden, to hiking and exploring a forest preserve, even a short amount of time spent in nature can improve overall health. Explore the health benefits of being present in nature and discover simple activities to foster experiences in the natural world.

Register at [go.illinois.edu/WellnessInNature](https://go.illinois.edu/WellnessInNature)



## October 12 @ 1 PM | Monstrous Mussels, Creepy Carp: Explore Aquatic Invasives in Lake Michigan, part of the Everyday Environment Series

Aquatic invasive species may seem like sea creatures from the movies, but the impact of these introduced plants and animals on Lake Michigan is no fiction. From blood-sucking sea lamprey to jumping silver carp, many AIS look and act like something out of a horror movie. Explore highlights of some of the lake's most infamous AIS and hear about the ongoing efforts to prevent new introductions and manage established species.

Register at [go.illinois.edu/AquaticInvasiveSpecies](https://go.illinois.edu/AquaticInvasiveSpecies)

## Have gardening questions?

Fill out an Ask the Master Gardener form online to get your gardening questions answered @

[go.illinois.edu/AsktheMasterGardener](https://go.illinois.edu/AsktheMasterGardener)



Or call our Master Gardeners

**HORT HELPLINE 217-300-0240**



## Oaks of Illinois Webinar | Unlock Oak Expertise and Earn Credits: Thurs Oct 19, 1 - 4 PM

Are you a tree care professional looking to expand your knowledge and earn continuing education credits? Join us for an enriching opportunity to delve into the world of magnificent deciduous trees in an upcoming free, online workshop. Gain a better understanding of these magnificent, deciduous trees, explore oak ecology and range, and learn how to identify Illinois' 21 native oak species in a free, online workshop led by Chris Evans, Extension forestry expert. The virtual session will include interactive elements and plenty of opportunities for review and participant questions. Plus, for those seeking continuing education credits, we are pleased to announce that ISA credits are available for attendees. Don't miss out on this chance to enhance your expertise in tree care.

REGISTER: [go.illinois.edu/IllinoisOakWorkshop](https://go.illinois.edu/IllinoisOakWorkshop)



## Small Business Finance: IRS Resources for Starting & Operating a Business, Thurs Nov 2, Noon

Many small-business owners' comfort level with questions dealing with the Internal Revenue Service and federal taxation is low. This program will help owners and entrepreneurs become more familiar with the resources and support from the Internal Revenue Service to help them structure their small businesses more efficiently and profitably. Presented by Illinois Extension in collaboration with Illinois SBDC at Bradley University and the IRS. Presenters: Michael Mudroncik, IRS, Communications & Liaison Office, Stakeholder Liaison Organization, and Chris Youngmark, Assistant Director of the Illinois Small Business Development Center at Bradley University.

REGISTER: [go.illinois.edu/IRS-TipsResources](https://go.illinois.edu/IRS-TipsResources)



# NATIONAL 4-H WEEK

**October 1-7, 2023**

We are kicking off the month with National 4-H Week, a time to celebrate and welcome new members to join the 4-H adventure!

## 4-H - Where Youth can Belong, Lead, & Learn.

4-H programs challenge youth to “learn by doing” with fun, hands-on activities. They can learn, practice, and demonstrate new skills while exploring the interests that are important to them. In 4-H, youth are brought together in clubs led by caring adults who welcome them as a part of the larger 4-H family.

4-H members range in age from 8 to 18, and youth who are 5 to 7 years old may join 4-H as a Cloverbud. The cost to join 4-H for the year is \$20.

New members can get more information by contacting 4-H staff in their county or fill out our new member interest form: [@go.illinois.edu/4-HNewMemberInterest](https://go.illinois.edu/4-HNewMemberInterest)



## 4-H Shooting Sports Opportunities

Illinois 4-H offers shooting disciplines of archery, rifle shotgun, pistol, and outdoor hunting skills. Each local program is guided by a Certified 4-H Shooting Sports Coordinator. Youth learn marksmanship, the safe and responsible use of firearms, the principles of shooting and much more. Here are the current offerings:

- Fall 4-H Archery Club, Mondays, Oct 9-Nov 13, Cambridge, IL

We also have ongoing clubs where youth can sign up for six-week sessions throughout the year. Equipment is provided. Options include:

- 4-H Archery Club, Fridays, 6:30 pm, Bettendorf, IA
- 4-H Shotgun Club, Thursdays, 5 pm Colona, IL
- 4-H Air Rifle Club, Wednesdays, 6:30 pm, Milan, IL

Get details and register for any of these at [extension.illinois.edu/hmrs/4-h-spin-clubs](https://extension.illinois.edu/hmrs/4-h-spin-clubs)

# Start your 4-H Adventure with us today!



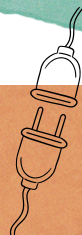
## EXPLORE PASSIONS, IGNITE POTENTIAL

4-H offers 200+ hands-on project areas to explore - from arts to robotics, cooking to forestry, interior design, to shooting sports, and more!



## UNPLUG AND ENGAGE

4-H is a place youth and teens can unplug and engage in real-world activities.



## MAKE NEW FRIENDSHIPS & CONNECTIONS

Everyone is welcome! Meet new friends, explore your passions, and build skills that will last a lifetime.



## BECOME A HERO: VOLUNTEER

We need dedicated leaders to inspire youth. Lead a club or start one in your neighborhood. Share your talents as a 6-session Special Interest Club leader. 4-H staff is here to help!



## START YOUR 4-H ADVENTURE!

Discover endless possibilities with 4-H! Connect at [go.illinois.edu/4-Hlearnbydoing](https://go.illinois.edu/4-Hlearnbydoing) or call your county 4-H office.



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