

**EDGAR COUNTY  
HOME & COMMUNITY EDUCATION ASSOCIATION  
September/October, 2024**

**Meetings**

***Please notify the Extension Office of information for your meetings!!***

	<u>Date</u>		<u>Hostess</u>
Bell Ridge	September 10 October	1:30 p.m.	Trudy Arrasmith HCE Week Events
Chrisman Nite	September October		Contact unit president for details Contact unit president for details
Redman Nite	September 12  October 10	11:30 a.m.  1 p.m.	Step Station Pitch-in luncheon Step Station
Stratton	September 17 October 8 October 10	5:30 p.m. 9:30 a.m. 1 p.m.	International Night Craft Day Natural Disaster Preparedness

**\*\*\*Edgar County H.C.E. Board Members\*\*\***

Co-Presidents	Pat Brazelton, 217-822-6183 Kate Morecraft, 217-822-4956	<a href="mailto:pbraze33@gmail.com">pbraze33@gmail.com</a> <a href="mailto:silly1kate@me.com">silly1kate@me.com</a>
First Vice	Paula Coombes, 217-822-4058	<a href="mailto:prcoombes@wildblue.net">prcoombes@wildblue.net</a>
Second Vice	Becky Step, 217-264-6855	<a href="mailto:rstep1954@gmail.com">rstep1954@gmail.com</a>
Secretary/CVH	Cindy Bruce, 217-948-1021	<a href="mailto:cndlu347@gmail.com">cndlu347@gmail.com</a>
Treasurer	Carole Halloran, 217-251-2384	<a href="mailto:jchalloran.itj@gmail.com">jchalloran.itj@gmail.com</a>
International/ Public Relations	Trudy Arrasmith, 217-822-7262	<a href="mailto:tarrasm57@gmail.com">tarrasm57@gmail.com</a>



### Upcoming HCE Events:

September 17	5:30 p.m.	<b>International Night</b>	4-H Fairgrounds
October 8	10 a.m.	<b>Eating for Eye Health</b> Leader training for the November lesson Extension Office	
October 8	10 a.m.-3 p.m.	<b>Craft Day</b>	4-H Fairgrounds ( <b>Call the Extension Office to register</b> ) 4-H Fairgrounds
October 10	1:30 p.m.	<b>Natural Disaster Preparedness</b> Presented by Mary Liz Wright, Extension Nutrition & Wellness Educator <b>Officer Training</b> Following the Natural Disaster Preparedness presentation 4-H Fairgrounds	

**THANK YOU...THANK YOU...THANK YOU**

A big thanks goes to **ECHCE Co-Presidents** that did an excellent job organizing the 4-H Food Stand and shopping for everything.

Another Shout Out goes to the **Entire ECHCE Board** for showing up everyday and helping where asked. They each had responsibilities and carried them out completely.

Can't forget our **Wonderful Volunteers** that filled in taking some burden off the units. They always showed up with a smile and had great attitudes to help out where needed.

Thanks to our **Guest Servers** that so generously gave of their time and allowed less work slots for members. (Lot 50, Rotary, and Farm Credit)

Couldn't forget the **Extension Service** or **4-H Association** for assisting when possible and always ready to answer questions.

And the wonderful **4-H leaders, members and families** for supporting our efforts to provide meals, drinks and /or snacks. Your baked items are a hit!

### **A Message from ECHCE Co-Presidents:**

#### **DIAMONDS ARE FOREVER AND SO IS IAHCE**

**Where has the summer gone?** As we're writing this, we have rearranged the storeroom in the 4-H Building. Hopefully, for the better. And we are also working on the plans for the **HCE membership picnic on August 22<sup>nd</sup>**. We can't wait for the fun and games and meeting new people as well as greeting our members. Everyone worked so hard on the food stand this year so now it's time for some fun. Our **International Night is Tuesday, September 17<sup>th</sup>** (please note it's not in October this year) with registration 5:30 - 6 pm. Our menu this year is foods from Malaysia. Our speaker on Malaysia is Angela Hicks, our state president. Remember to bring your **cultural arts projects** to this meeting and will also be viewing your projects during HCE week. We will be **celebrating HCE Week** with the following: On **October 8<sup>th</sup>** we will be having a **craft day**, 10 - 3pm. We will be making crafts from the back pockets of jeans plus another craft. Lunch will be furnished. Don't forget to sign up. Call Rebecca at 217/465-8585.

We will also be viewing your cultural arts projects. On October 10th at 1:30 pm we will hear Mary Liz Wright present a lesson on **NATURAL DISASTER PREPAREDNESS**. With all of the things that have been happening across the world, this information would be welcomed by the public and members. We will also have **Officer Training** following the lesson. I would like to thank everyone who worked on the Food Stand. We couldn't do it without you. Thank you all. **Enjoy the fall** because Thanksgiving and Christmas are just around the corner! Your co-presidents, Kate Morecraft & Pat Brazelton

### **BLUE RIBBON CLUB OF EDGAR COUNTY**

The requirements are:

1. Payment of unit dues to county HCE Treasurer postmarked by May 1 along with list of unit officers.
2. Friendship Project Funds (Pennies for Friendship) collection is sent to County HCE Treasurer by November 5.
3. The unit is represented at all Countywide HCE events.
4. The designated unit member attends the Train the Trainer lesson.
5. All unit officers attend ECHCE Officer Training.
6. Each unit participates in each ECHCE Outreach project  
Ex: school supplies collection, sewing Christmas stockings
7. 75% or more of unit members participate in CVH program.
8. A unit representative will attend at least 2 ECHCE board meetings per year.
9. The Edgar County HCE Board will select the unit that best meets the criteria.

**This program covers the county year, April 1 to March 31. The current requirements are in effect as of April 1, 2016.**

### **ECHCE Board Minutes – July 2, 2024**

The Pledge of Allegiance and the Homemakers Aim was led by Kate Morecraft.

Roll call was done by Cindy Bruce with all members present.

She read June's minutes. A date was changed and the minutes are on file.

Carole Halloran said we have \$5014.74 in the regular account and \$3626.23 in the premier account as of June 30.

Carole stated that Amie Summers, our scholarship recipient, and her mother are wanting to join HCE. Since we do not have an evening unit, we thought they might want to be a sustaining or mailbox member. Carole will talk to them about this.

Kate wants more unit members to come to more meetings so she is going to have a unit do something for each meeting. That way we may get more members to come.

Kate also said she went to the Chrisman Nite meeting and installed their officers.

Carole is to make sure everything we do at meetings, etc., will be put in our black book.

Rebecca and Paula have the programs finished for the units and they will be at the fair to be distributed.

Trudy is to check with Rebecca on the brochures for businesses and prospective new members.

A craft fun afternoon with members and Clark County members will be October 8, from 10 a.m. – 3 p.m. with lunch. We will be doing jean pockets, so save them and other projects, if you have any we can do.

A Natural Disaster Preparedness presentation by Mary Liz Wright will be October 10 at 1 p.m. at the 4-H Building. Members and the public are invited.

Trudy Arrasmith sent an article to the IAHCE newsletter.

We will meet at 9 a.m. at the 4-H Building on July 17 to make BBQ. We will be doing extra batches for Saturday. Those batches will not have to be frozen for Saturday.

Carole also sent schedules for each unit to fill out to come and work. Cookies will be made by the 4-H'ers and the pies and cakes by all others. On Monday evening, the 4-H'ers will be giving out free ice cream. Rebecca is to have the tables and chairs set up in the 4-H Building for the fair.

The 4-H Food Stand will be open July 20, 11 a.m. – 3 p.m.; July 21 – 24, 11 a.m. – 7 p.m. If you are to work, come and if you know someone who would help, have them come or contact Carole.

August 7 is a district meeting in Springfield. We will leave at 6:30 a.m.

September 17 is International Night with Angela Hicks speaking on Malaysia. Cultural Arts is to be there also.

Craft Day is October 8.

November 6 is mini-district meeting.

Our next meeting is August 6, 2024 at 1 p.m. at Pat Brazelton's home.

Cindy Bruce, Secretary

## **ECHCE Board Minutes – August 5, 2024**

The ECHCE Board met August 5, 2024 at Pat Brazelton's home at 1 p.m.

Kate Morecraft led the Pledge of Allegiance and Homemaker's aim.

News for the newsletter must be turned in to Rebecca by August 20.

Cindy Bruce read the roll call, and all were present, plus Dona Hoult came for the evaluation of the food stand.

Cindy also read the July minutes, and they were approved and put on file.

Carole Halloran gave the preliminary report on the 4-H Fair. We took in \$9991.42, we spent \$5153.33 for a preliminary net profit of \$4838.09 as of July 25. Our regular account has \$8562.56, and the premier account has \$3626.26 as of July 31, 2024. A motion by Cindy Bruce to purchase a new small freezer, 2<sup>nd</sup> by Trudy Arrasmith. Motion passed. The old freezer was not working was the reason a new one was needed. Cindy made a motion for Carole to buy totes for supplies for storage closet. Trudy made a 2<sup>nd</sup>. Motion passed.

The 4-H Coordinator reported that a roaster was thrown out due to it not shutting off.

Extension will replace it, if needed. The board decided to accept the offer. Kate will notify Brittany Smith, 4-H Coordinator.

Carole made a motion to get prizes for games we play at the membership picnic August 22. 2<sup>nd</sup> by Paula Coombes. Motion passed. Trudy is to get an article in the paper and Becky Stepp is to contact each unit president to bring games, puzzles and questions for a trivia on HCE.

The tables and chairs were set up and taken down by the Cash's. The board thought the 4-H members were to do this job.

Member of the Year is due by October 1.

The board felt the food stand did well. The food stand being open on Saturday was good. We feel the price on the cakes and pies should be a little higher. We might have to get a little more meat next year. We need to make sure our roasters stay on the right temperature. The salads were good, just make sure the right amount of lettuce is used in the bowls.

August 22 is the new member picnic at Twin Lakes!

The board is to have BBQ, buns, drinks and table service. Carole and Kate will do the BBQ, Cindy the buns, and Paula the chips. Trudy will make tea and lemonade and bring plates, etc. We will be at the west side of Twin Lakes at the north shelter at 5 p.m. Members are to bring a guest and a dish for potluck. The park will be having the Sawyer Bros for music so bring a lawn chair.

September 17 will be International Night. The country is Malaysia with IAHCE President, Angela Hicks speaking. Registration is 5-5:30 with the meal at 6 p.m. Members are to bring Cultural Arts projects to be judged.

We will celebrate HCE Week on October 8 and 10. October 8 is Craft Day at 10 a.m. – 3 p.m. at the 4-H Building. We will be doing jean pocket crafts plus 1 other craft that is to be decided later. There will also be a light lunch. Members are to bring jean pockets (the back pockets), if they have them. There will also be a Cultural Arts project judging. On October 10 we will be presenting Natural Disaster Preparedness for members and the public at 1:30 p.m. Mary Liz Wright will be the speaker. Following the presentation will be officers training. Cultural Arts project judging will end on this date.

The next ECHCE Board meeting will be September 3, 2024 at 1 p.m. at the home of Pat Brazelton.

Secretary, Cindy Bruce

### **Cultural Arts and Cultural Enrichment:**

Don't forget to bring your items for the cultural arts display to International Night on September 17 and to the National Disaster Preparedness program during HCE week, October 10. Below is a list of categories for the show. Hopefully we will have entries

#### **DON'T FORGET THESE UPCOMING HCE EVENTS**

International Night September 17 5:30 p.m.

Craft Day October 8 10 a.m. – 3 p.m. **All events will be held at the 4-H Fairgrounds**

Disaster Preparedness Program October 10 1:30 p.m.



**We'll be making this cute craft at Craft Day on October 8. Bring a friend & join us!**

from all units and sustaining/mailbox members. We will vote on items both nights to represent ECHCE during state conference. Don't forget to mark your calendar and bring a friend.

### **Categories for Cultural Arts Show**

- 100 Artwork (Charcoal, Oil, Acrylic, or Watercolor)
  - 200 Counted Cross Stitch
  - 300 Crafts (Wood and Rugs included)
  - 400 Crochet Afghans
  - 500 Crochet – Other
  - 600 Hand Embroidery
  - 700 Quilt, hand or machine pieced, and hand quilted by HCE member
  - 800 Heritage Needlework (silk ribbon, hardanger, tatting, etc.)
  - 900 Jewelry (handmade)
  - 1000 Knit Afghans
  - 1100 Knit – Other
  - 1200 Machine Embroidery
  - 1300 Quilt Machine pieced, and machine quilted by HCE member
  - 1400 Nature Items (anything made of natural things, wheat, corn husk, etc.)
  - 1500 Photography
  - 1600 Quilt, hand or machine pieced by HCE member and quilted by non-HCE member
  - 1700 Quilted – Other (anything quilted that isn't a quilt)
  - 1800 Recycled
  - 1900 Scrapbooking/Paper Crafts
  - 2000 Home Décor (wall hangings, wreaths, centerpieces, rugs, and other things that make your home artistically satisfying) – NO QUILTS
  - 2100 Wearable Art (any technique applied to purchased or self-made item)
  - 2200 Holiday Theme (Anything Holiday) – NO QUILTS
  - 2300 Current annual Conference Theme or Country of Study
  - 2400 Sewing
- Note: Above size maximum is 24", including matting and frame, or may be folded to 24" – except quilts

### **Friendship Funds: (Pennies for Friendship)**

Money can be turned in during International Night to ECHCE Treasurer, Carole Halloran or mailed to her by November 5, in order to get them sent to IAHCCE on time. Please make checks out to: Edgar County HCE. Thank you.

Carole Halloran, 13556 N. 800<sup>th</sup> St., Paris, IL 61944



## September 2024 Minor Lesson

### Preserve your pumpkins this fall by following these simple tips



After a long summer tending to your garden, you may be getting a little tired. However, if you want your pumpkins and other winter squash to last well past the growing season, take special care when bringing them in this fall. If you intend to keep your pumpkins around for a while and use them later this year, keep reading!

The primary goal of food preservation, whether canning, freezing or dry storage, is to prevent food from spoiling before it can be consumed. Therefore, if you want your pumpkins to last, you must take steps to avoid spoilage.

However, preventing spoilage and other harmful microorganisms from growing to unsafe numbers on produce stored for the winter can be challenging. Especially because molds, yeasts, and other organisms are naturally found all around us.

Nonetheless, if done correctly, pumpkins and other winter squash can [be stored for two to six months](#), depending on the variety.

Squashes are members of the gourd family, which also includes watermelons, cucumbers, muskmelon, pumpkins, and gourds. Squash was a common food of Native Americans. Squash is referenced through many of the writings of the earliest explorers and colonists.

Pumpkin is originally from South America. The terms “pumpkin” and “squash,” are often used incorrectly in the United States to identify of certain varieties of these vegetables. Squash is available from July through September. October is the big month for harvesting pumpkin, although they are available in September and November.

#### SOFT SHELLED (SUMMER SQUASH)

Selection tips:

- Skin should appear fresh, glossy, tender, and free from blemishes. The skin and seeds are eaten.
- Over-developed summer squash has a hard rind, dull appearance, enlarged seeds, and tends to be stringy.

Varieties to look for:

- Crookneck and Straight Neck have delicate yellow, pebbly skin. They are over-ripe when colored gold.
- Zucchini are dark green, long, straight, and 8–10-inches in length.

- White Bush Scallop and Patty Pan have green flesh with a white tinge, smooth skin, and scalloped edges.
- Cocozelle is similar to zucchini, except smaller with green and yellow stripes.
- Spaghetti Squash has a yellow to golden-yellow skin, light yellow flesh, and is 8–10 inches long and 4–6 inches in diameter. After it's cooked in water for about 30 minutes its flesh separates into spaghetti-like strands.

#### HARD SHELLLED (WINTER) SQUASH

##### Selection tips:

- Should be heavy for its size, indicating more edible flesh.
- Shell should have no cracks, bruises, or decay, and should be firm.
- Avoid squash with black or shriveled stems. Seeds and rind are not typically eaten.

##### Varieties to look for:

- Pumpkin should be fully ripe with firm rinds, bright orange color, and fairly heavy weight. Pumpkins varieties are available for decorating as well as making pumpkin pie.
- Buttercup is turban shaped, has a fairly smooth shell, and offers a nutty-type flavor with smooth-textured flesh.
- Butternut is gourd shaped with smooth, light beige skin, and has sweet, fine-textured orange flesh.
- Acorn is small, dark green with ridges. Orange colored skin is lower quality.
- Hubbard skin may be golden yellow, greenish-blue, or dark green. Sizes ranges from 10 to 20 pounds.

##### Yield

Due to many variables such as moisture content, size, and variety, it is difficult to give specific recommendations. The recommendations below are approximations.

- 1 pound summer squash = 2–3 servings
- 1 pound winter squash (flesh) = 1 cup cooked
- 1 bushel squash = 40 pounds
- 1 bushel winter squash = 16–20 quarts canned

The *Dietary Guidelines for Americans* recommends 2½ cups of a variety of vegetables each day as part of a healthy diet. Squash and pumpkin contain antioxidants, vitamins A and C, some B vitamins, iron, calcium, and fiber. Many winter squash varieties are especially good sources of vitamin A.

##### Calories:

- Summer squash - 15 calories per cup
- Winter squash - 65 calories per cup
- Pumpkin - 40 calories per cup

##### Storage

- Do not wash squash before storing. When ready to cook or cut, scrub squash with a vegetable brush under cool running water. Do not use soap, detergent, or bleach because these liquids absorb into the vegetable.
- Summer squash - Best when eaten soon after purchase. To store, refrigerate and use in 3–5 days.
- Winter squash - Store whole in a cool (50 F) dry area. Spaghetti squash keeps for approximately 2 months, others typically last 3 months, and
- Hubbard squash keeps up to 6 months.



## Serving

- Cutting winter squash can be difficult. Make sure you have a large, sharp, chef's knife and a secure cutting board. If possible, cut or poke a few holes in the skin and microwave the whole squash for 5 minutes to soften the rind. Remove from the microwave and trim the blossom and stem ends to create flat surfaces on the ends of the squash. Then sit the squash on one of the flat ends to cut it in half.

*Figure 2. Zucchini pumpkin bread. Photo: Andy M, Pixabay*

- Prepare only the amount of fresh squash that is planned for use. Freeze extra squash.
- Young tender zucchini is the best option for shredding and freezing for later use. To prepare, wash, grate, and steam blanch in small quantities for 1–2 minutes until translucent. Pack in measured amounts for your favorite recipe into containers, leaving 1/2-inch of headspace. Cool by placing the containers in cold water, then seal and freeze. If watery when thawed, pour out the liquid before using the zucchini.
- To roast pumpkin seeds, separate the seeds from the pulp, rinse thoroughly, lightly toss with vegetable oil and seasonings, and roast until crunchy.
- Slice summer squash into planks, brush with oil, and grill.
- Make thin noodles for spaghetti or sheet noodles for lasagna from summer squash to use in place of pasta.
- Cut summer squash into thick julienne strips, coat with breadcrumbs and seasoning, and then bake into crispy summer squash “fries.”
- Add sliced summer squash to stir fries, soups, casseroles, vegetable trays, salads, and more.
- Winter squash can be cooked or roasted in your oven, slow cooker, microwave, or on the stovetop.
- Winter squash can be made into soup; roasted with sweet or savory seasonings; used for stuffing, pasta fillings or sauces; or pureed into pie filling.
- Add pumpkin to black bean tacos or enchiladas.
- Pumpkin is also perfect for hummus, baked goods, smoothies, and pet treats.
- Smaller winter squash can be stuffed and roasted.

## Harvesting Your Pumpkins

Before we can talk about storing our pumpkins, we first need to discuss harvesting your treasures. There are over 45 different varieties of pumpkins, ranging in color from green to orange, red, and yellow! Thus, you cannot rely on the color to tell if your pumpkin is ready to be brought in. Instead, physically inspect the pumpkin. When [pumpkins are ready for harvesting](#), the stem will be dry, and the rind or the outer skin will be hard and not easily dented or punctured by a fingernail.

Although the rind will be hard, you still need to be careful when handling pumpkins to prevent them from becoming bruised, scratched, or cut until you are ready to use them.

If there is any opening in the rind, such as a scratch, microorganisms and other bacteria can enter the pumpkin, which can lead to spoilage.

Pumpkins are generally not damaged by a light frost, especially when the daytime temperatures are warm. However, you will want to harvest them before the temperature drops below freezing to prevent chilling injuries, which – you guessed it, can lead to early spoilage.

Look for a pumpkin with 1 to 3 inches of stem left. The stem should be hard, dry, and dark green or black. If the stem is cut too low, the pumpkin will decay quickly or may already have already begun to spoil. When handling your pumpkin, do NOT carry it by the stem. The stem is NOT intended to be a handle. Once the stem breaks off, that section of the pumpkin becomes exposed, increasing the chance of your pumpkin spoiling early.

### **Curing Your Pumpkin**

Most pumpkins bought in the grocery store have already been cured. However, if you grow your own or purchase them at a farmers' market, you should consider curing them, especially if you plan on storing them to use later.

[Curing is the process](#) of storing your pumpkin at a warm temperature, between 80-85 degrees F, with good air circulation and relative humidity of 80-85 %, for 10–14 days. The curing process will help to harden the pumpkin's skin and heal any cuts and scratches. It also concentrates the natural sugars, making it taste sweeter. Best of all, it reduces the chance of spoilage before you can use it. Another nice thing about curing pumpkins is you can do it either outside or inside, so you can take advantage of the great fall weather.

### **Tips for Storing Your Pumpkins**

During storage, the pumpkin color may become dull due to aging. However, this does not mean your pumpkin quality has decreased; in fact, in some varieties, the sugar content may actually increase.

- Store whole, unblemished pumpkins in a cool dark location, between 50-60°F. If the temperature drops below freezing, the cell walls within the pumpkin will expand and collapse, resulting in a watery mess when the pumpkin thaws. If the temperature is too warm, it will promote the growth of microorganisms.
- The ideal relative humidity for storage is 50-70%. If the air is too dry, it will cause the pumpkin to shrink faster, and if too high, it will promote spoilage.

- Do not store pumpkins in piles or directly on the floor. Instead, place them in a single row off the floor to allow for good air circulation. If pumpkins are stored too close together, the heat generated by the other pumpkins may lead to rotting. And if pumpkins are stored directly on the floor, the moisture from the floor, combined with the moisture from the pumpkins, will promote spoilage. If you must store pumpkins on the floor, place them on a porous surface, such as cardboard, an old rug, straw, or wood, to help prevent spoilage.
- Do not store pumpkins or winter squash near apples, pears, or other ripening fruits. This will shorten their storage life due to the release of ethylene gas produced by the other ripening fruit.

When bringing your pumpkin or winter squash out of storage, wash them thoroughly before cutting or cooking. Clean with running water and a good vegetable brush; there is no need to use soap. Finally, enjoy your tasty pumpkin, whether baking a dessert or using it in soup or a casserole.

**Source:** [Diane Reinhold, MPH, MS, RDN](#) Nutrition and Wellness Educator serving [Jo Daviess, Stephenson & Winnebago Counties](#).

## More tricks than treats this Halloween

### October 2024 Minor Lesson

Source: [Caitlin Mellendorf](#), University of Illinois Extension Nutrition and Wellness Educator

Often a day of candy, treats, and sugar, a "healthy" Halloween might well be an oxymoron. By focusing more on getting dressed up and the fun of playing games and tricks, kids and adults can focus less on food and more on the festivities.

### Giving Out (Tricks or) Treats

There is nothing wrong with giving out classic Halloween candy. But if it appeals to you to offer non-food treats or add in nutrition at Halloween, consider these ideas:

#### Non-food treats

- glow-in-the-dark sticks
- themed pencils and stickers
- colored toothbrushes
- themed costume items, like fake teeth and eyeballs
- pennies or other coins
- small toys, like whistles and jump ropes



## Treats adding in nutrition

- pre-packaged reduced-sugar granola bars
- individually-packaged popped popcorn
- pumpkin spice-flavored instant oatmeal packets
- snack-sized packages of dried apple chips
- snack-sized packages of cheese crackers (made with whole grains)
- whole mandarin oranges (maybe decorated like a pumpkin!)

## Getting in the Kitchen Together

Maybe Halloween night isn't the night to worry about cooking with your kids or grandkids. But consider celebrating the season another night with themed meals or



recipes. The Peanut Butter Pumpkin Dip below is definitely a favorite among Illinois Extension staff. And it's simple enough to make with kids. They can practice measuring, mixing, and using a can opener in their costumes!

### Pumpkin Peanut Butter Dip |

Serves 12 (2 Tbsp per serving)

3/4 cup peanut butter

1-4 Tbsp brown sugar (to taste)

1 tsp vanilla extract

3/4 cup canned pumpkin

1. Wash hands with soap and water.
2. In a medium bowl, mix peanut butter, brown sugar, and vanilla until smooth.
3. Add pumpkin and stir until well blended. Cover and refrigerate until ready to eat.
4. Serve with graham crackers, apple slices, celery sticks, or other dippers.
5. Refrigerate or freeze the remaining pumpkin puree.

*Nutrition Facts per serving* (calculated with 2 Tbsp brown sugar): 110 calories, 8g fat, 70mg sodium, 6g carbohydrates, 1g fiber, 4g protein

Recipe from Illinois Nutrition Education Programs.

## Communicating about Candy

Of course, kids will get excited about their haul of treats! And they might want to eat it all right after finishing Trick or Treat. Try some of these talking points.

- **Skip the "good vs. bad" food language.** Candy is certainly low in nutrients but serves other roles for us like enjoyment, taste, and satisfaction. Using phrases like "play food" or "fun food" helps communicate that treats can have other roles besides nutrition.
- **Invite your kids to practice mindful eating.** An easy mindful eating practice with Halloween treats is to do a 5-sense observation. Ask your kids to describe the look, smell, taste, texture, and sounds a candy or treat has. Is it crunchy? Sticky? Sweet smelling?
- **Guide eating with curiosity.** Did your kiddo eat too much or too fast and feels sick? There's no need to scold them that they shouldn't have eaten so much or to slow down. Instead, ask them why they think their stomach is upset, or tell them a story of when you ate too much and felt uncomfortable too. This helps kids learn that they can tune into how their bodies feel when eating food.
- **Join in!** Eat sweet treats in front of your kids, modeling that the adults in their lives can enjoy candy, like they enjoy higher-nutrient foods too. We adults can show that candy and sweets are not something to avoid, restrict, or police. This acceptance of all foods is important in developing a good relationship with foods.

### **Tips to Age Well**

**Be Active** Staying physically active is important and experts recommend a minimum of 150 minutes of moderate intensity exercise each week. Not only is physical activity good for your body but studies have shown that regular aerobic activity contributed to faster reaction times, better concentration and increased ability to focus and ignore distractions. It has also been shown to create significant increases in brain volume in older adults. To become physically active:

- \*Start out slow, and build your way up to three days a week, and beyond
- \*Activities can be broken up into smaller amounts of time throughout the day
- \*It doesn't have to be traditional exercise—gardening, yardwork, cleaning house, anything that gets you moving is acceptable
- \*Do something you enjoy—you'll stay with it longer
- \*Recruit an exercise buddy.

**Challenge yourself intellectually** Challenging your brain with new, interesting and increasingly difficult tasks helps it stay healthy and helps maintain memory and cognitive function. To challenge yourself:

- \*Take up a new hobby
- \*Learn a new language, game or skill
- \*Play games with friends
- \*Engage in tricky word or number puzzles
- \*Attend a local Wits Fitness brain exercise class

Taken from the University of Illinois Extension Health website. Read the complete article at <https://extension.illinois.edu/health/aging-well>

# Don't forget to record your volunteer hours!

<b>Individual Volunteer Hours (CVH) Summary</b>			
<b>Unit Name</b> _____	<b>Member</b> _____	<b>Year of Hours</b> _____	
Monthly Hours	HCE Hours	+	Other Hours = Total Hours
January			
February			
March			
April			
May			
June			
July			
August			
September			
October			
November			
December			
<b>Total Hours</b>			
<b>Signature of Unit CVH Chair</b>			
<b>Address</b>			
<b>Phone &amp; e-Mail</b>			
<b>List Locations Volunteered:</b>			

Illinois Extension, Edgar County (HCE)  
210 West Washington  
Paris, IL 61944

U.S. Paris, IL 61944  
Permit 308  
Non-Profit Organization

## **RETURN SERVICE REQUESTED SEPTEMBER/OCTOBER, 2024 NEWSLETTER**

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University of Illinois Extension will be closed:  
September 2 Labor Day  
November 28-29 Thanksgiving break