

The Extension Line



March Issue, 2009 News for the LaPorte County Extension Homemakers



MARCH IS NATIONAL NUTRITION MONTH! Healthy Eating on the Run: A Month of Tips



You probably eat out a lot—most Americans do. People are looking for fast, easy and good-tasting foods to fit a busy lifestyle. Whether it's carry-out, food court, office cafeteria or sit-down restaurant, there are smart choices everywhere. Here are 30 tips to help you healthy when eating out.



Important Dates to Remember

Monday, March 30th—
Michigan City Spring Dis-
trict Meeting—Starke
Community Center, Knox,
IN

Tuesday, March 31st—
"Swing into Spring" EH
Retreat—Red Mill County
Park (Details Inside)

Sunday, April 19—
"Go Green for Spring"
Style Show & Cultural
Arts—Red Mill County
Park— 2-4 p.m.

Thursday, April 30—
International Fare—
"Sweden", 1st United
Methodist Church, La-
Porte—Registration—
6:00 p.m.

**Home & Family Con-
ference**—June 10-12,
Purdue University

1. Think ahead & plan where you will eat. Consider what meal options are available. Look for restaurants or carry-out with a wide range of menu items.
2. Take time to look over the menu & make careful selections. Some restaurant menus may have a special section for "healthier" choices.
3. Read restaurant menus carefully for clues to fat & calorie content. Menu terms that can mean less fat & calories: baked, braised, broiled, grilled, poached, roasted, steamed.
4. Menu terms that can mean more fat & calories: batter-fried, pan-fried, buttered, creamed, crispy, breaded. Choose these foods only occasionally & in small portions.
5. Order the regular or child-size portion. Mega-sized servings are probably more than you need. For a lighter meal, order an appetizer in place of the main course.
6. It's OK to make special requests, just keep them simple. For example, ask for a baked potato or side salad in place of French fries; no mayonnaise or bacon on your sandwich; sauces served on the side.
7. Hunger can drive you to eat too much bread before your meal arrives. Hold the bread or chips until your meal is served. Out of sight, out of mind.
8. Think about your food choices for the entire day. If you're planning a special restaurant meal in the evening, have a light breakfast & lunch.
9. Limit the amount of alcohol you drink. No more than one drink for women and two for men. Alcohol tends to increase your appetite & provides calories without any nutrients.
10. Tempted by sweet, creamy desserts? Order one dessert with enough forks for everyone at the table to have a bite.
11. Split your order. Share an extra large sandwich or main course with a friend or take half home for another meal.
12. Boost the nutrition in all types of sandwiches by adding tomato, lettuce, peppers or other vegetables.
13. A baked potato offers more fiber, fewer calories & less fat than fries if you skip the sour cream & butter. Top your potato with broccoli & a sprinkle of cheese or salsa.

14. At the sandwich shop, choose lean beef, ham, turkey or chicken on whole grain bread. Ask for mustard, ketchup, salsa or low-fat spreads. And, don't forget the veggies.
15. In place of fries or chips, choose a side-salad, fruit or baked potato. Or, share a regular order of fries with a friend.
16. Enjoy ethnic foods such as Chinese stir-fry, vegetable-stuffed pita or Mexican fajitas. Go easy on the sour cream, cheese and guacamole.
17. At the salad bar, pile on the dark leafy greens, carrots, peppers & other fresh vegetables. Lighten up on mayonnaise-based salad & high-fat toppings. Enjoy fresh fruit as your dessert.
18. Eat your lower-calorie food first. Soup or salad is a good choice. Follow up with a light main course.
19. Ask for sauces, dressings & toppings to be served "on the side." Then you control how much you eat.
20. Pass up all-you-can-eat specials, buffets & unlimited salad bars if you tend to eat too much.
21. If you do choose the buffet, fill up on salads & vegetables first. Take no more than two trips & use the small plate that holds less food.
22. Load up your pizza with vegetable toppings. If you add meat., make it lean ham, Canadian bacon, chicken or shrimp.
23. Look for a sandwich wrap in a soft tortilla. Fillings such as rice mixed with seafood, chicken, or grilled vegetables are usually lower in fat & calories.
24. Build a better breakfast sandwich; replace bacon or sausage with Canadian bacon or ham & order your sandwich on a whole grain English muffin or bagel.
25. Be size-wise about muffins, bagels, croissants & biscuits. A jumbo muffin has more than twice the fat & calories of the regular size.
26. Try a smoothie made with juice, fruit & yogurt for a light lunch or snack.
27. Refrigerate carry-out or leftovers if the food won't be eaten right away. Toss foods kept at room temperature for more than two hours.
28. Grabbing dinner at the supermarket deli? Select rotisserie chicken, salad-in-a-bag and freshly baked bread. Or, try sliced lean roast beef, onion rolls, potato salad & fresh fruit.
29. Always eating on the go? Tuck portable, nonperishable foods in your purse, tote, briefcase or backpack for an on-the-run meal. Some suggestions are peanut butter & crackers, granola bars, a piece of fresh fruit, trail mix, single serve packages of whole grain cereal or crackers.
30. For desk-top dining, keep single-serve packages of crackers, fruit, peanut butter, soup, or tuna in your desk for a quick lunch.

For Additional Food and Nutrition Information visit:

WWW.EATRIGHT.ORG

ATTENTION CLUB MEMBERS

The 2009—2010 dues are \$8.50 per member & due by May 15, 2009

Please be sure that your check includes ALL of the dues owed by the members and make it payable to LaPorte County Extension Homemakers. Mail the check and member list to: Kathy Ulman, Treasurer, 2358 North US Hwy. 35, LaPorte, IN 46350. **Partial payment of club member's dues cannot be accepted.**

A current membership list will be mailed to each Club President by March 15, 2009. Please indicate any changes on the list and return it along with your member's dues.

Mailbox Members: A letter will be sent shortly regarding your Mailbox Member dues—if you wish to continue being a Mailbox Member dues are \$7.50 per member if you want a Program Book or \$6.50 without the Program Book.

New Club Officers names and Committee Preference sheets were sent to the President of each club at the end of January. Please **return the information to the Extension Office by April 1, 2008**, so that we may get this information in the 2009-2010 Extension Homemakers Program Book.

SPRING DISTRICT MEETING

Monday, March 30, 2009

The Michigan City Spring District meeting will be held on Monday, March 30, 2009 at the Starke Community Center, 55 East Lake Street, Knox, Indiana. Registration is at 9:00 a.m. , CST, with the program to begin at 9:30 a.m. The luncheon menu will include two meats, potatoes and noodles, hot vegetables, coleslaw, apple salad, rolls, dessert and beverage. The cost of the meal is \$11.50 per person and the **reservation deadline is March 13, 2009**. Payment must accompany the reservation and no refunds will be given after the deadline date. A registration form along with a map showing directions has been sent to each Club president. Encourage all of our club members to attend this great event. A lot of information regarding Extension and other upcoming events is discussed at this event. Make it a club meeting for your club.



International Fare 2009

The members of Charm n' Chatter and Wills Twp. Extension Clubs would like to invite you to "A Taste of Sweden" on Thursday, April 30, 2009, at the First United Methodist Church of LaPorte, 1225 Michigan Ave., LaPorte. The church is handicapp accesible. The menu will include Swedish rye bread, beet salad, ham loaf, potatoes au' gratin, creamed peas, rice pudding, cookies, and coffee or ice tea. Bruce Johnson will do a presentation on Sweden and show some slides. The cost of the meal is \$11.00 and the reservation deadline is Wednesday, April 15, 2009. Please make your checks payable to: LaPorte County Extension Homemakers and send to Kathy Ulman, Treasurer, 2358 North US Hwy. 35, LaPorte, IN 46350.

A Note from our President:

Hello Homemakers,

SPRING is on it's way and we can turn our thoughts to the remainder 2009. Home and Family Conference at Purdue University is June 10th through the 12th! Our County Report needs to be compiled after the March 3rd Council meeting, so I am asking that all Club Presidents to get the completed form into the office before March 20th. Our County has accomplished so many things and we need to get this information ready for the Conference. I am very proud of all our Membership! The Michigan City District Meeting is March 30th. This will our District Representative Jeanne Weirick's last meeting. Let's plan on attending and show her our appreciation. Thank you for all the hard work during the winter months. All the contributions to the many projects we have in LaPorte County. The many people we have touched with our hadmade sweaters, blankets, hats, afghans, etc; and especially the food pantries that membership has so generously donated to the less fortunate. I am looking forward to the great lessons that are planned for the Educational Retreat March 31st at the LaPorte Library. Don't forget the carry-in dinner. What n interesting country we will learn about at the International Fare on April 30th. Sweden. I am also looking forward to the Style Show, Cultural Arts/Sew Now Contest and the 2009 Fair Exhibits. I know all of you club members are working hard on your committees. Wow, mark your calenders and end this season with a BANG, or just a lot of laughter and great fellowship with a lot of good memories.

Sincerely,

Mary Nowatzke, County President



PIZZA "FUN" DRAISER

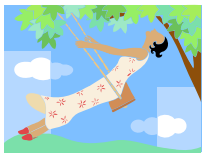
Pizza Hut invites you to come out and support the LaPorte County Extension Homemakers. Pizza Hut will donate 20% of your purchases on the following "Fun"draiser nights: Wednesday, March 11, 2009, Monday, April 13, 2009, kWednesday, May 13, 2009, Tuesday, June 9, 2009 & Monday, July 13, 2009 from 4:00 p.m. to 9:00 p.m. The offer is valid at the LaPorte Pizza Hut location—75 Pine Lake Avenue, LaPorte. A form is included with this Newsletter. You must complete the coupon and turn it in with your

WELCOME

A big welcome to our newest members! Kitchen Kin has two new members—Shirley Johnson and Theresa Martin. Also, Ingrid Flentje joined Coolspring Project Club and Dorothy Schwark joined East Galena. The following people received BEE Pins for recruiting new members: Phyllis Nichols, Kitchen Kin, Lory Law, Kitchen Kin, Sharon Foltz, Coolspring Project Club and Jean Murdock from East Galena. Congratulations Ladies and keep up the good work!



MILLIE CONDON from East Galena was 100 years old
on February 13th! Congratulation Millie!



Retreat—Swing Into Spring

Sponsored by the LaPorte County Extension Homemakers
 Tuesday, March 31, 2009—3:15—7:00 p.m.
 LaPorte County Public Library—904 Indiana Avenue, LaPorte

Let's welcome the warm and wonderful days of spring by gathering for our 2nd retreat which will be held on Tuesday, March 31, 2009 at the LaPorte County Public Library. The day's events promise to get you in the swing for a sensational spring!

Three workshops will be available—these are “Places to Visit in Indiana” with Allison Goshorn, CFS Educator, “Start Your Day the Right Way” with Corinne Powell, CFS Educator, and “Consumer Safety Concerns” with Annetta Jones, CFS Educator.

And since everyone really hustled at our last walk, this retreat too will feature “a walk around the block” with a few surprises along the way. After the walk we can relax for a few minutes and enjoy a presentation from the staff at the LaPorte County Public Library. Next we will enjoy a sumptuous carry-in meal. Following the meal, two workshops will be offered. One copy of each of the lessons presented will be available for clubs to take with them.

See you in the Spring!

Try These Workshops for a Sensational Spring!

Places to Visit in

Indiana: Most families are looking for safe, fun and affordable travel ideas. This workshop focuses on places to visit in our county as well as in northern Indiana. Includes a look at Agritourism as well as trip planning tips and resources.

Start Your Day the

Right Way: Do you want a bright start to your day? Well then, eat breakfast. A healthy breakfast refuels your body and jump-starts your day. Learn to select healthy options that fit

Consumer Safety Con-

cerns: Help keep you and your family safe by becoming aware of issues that could put all or you at risk. There are home hazards, product recalls, and on-going food safety concerns. Consumers need to become more responsible, be proactive and follow through when they have concerns.

To register please call the Extension Office at (219) 324-9407 or email tlogan@purdue.edu. Come for all or some of the sessions. Choose 2 or the 3 workshops. Join us for a walk around the block or relax and read a book at the library. It's your day & we are flexible. Enjoy!!

Remember the Carry-In Meal. Bring either a salad or a casserole to share. Drinks and paper products will be provided. A donation of \$1.00 is requested from Extension Homemaker members who attend and a \$2.00 donation for non-members.



HOME & FAMILY CONFERENCE

The 2009 IEHA Home & Family Conference will be held June 10-12, 2009. Registration for the entire conference is \$125.00 on or before May 15 and includes meals. Two of the keynote speakers will be Joyce Beery Miles and Ferd Whitford.. They are also having several tours and workshops you can sign up for. All those who have attended the Home and Family Conference in the past several years, should have received a flyer about the event. You may register online at www.conf.purdue.ed/home and family. For more information or questions about this event, you may call the Extension Office at (219) 324-9407.

FIRST BOOK PROJECT FOR KIDS

Karen Schultz, Chairman for First Book Project for Kids needs volunteers to read to pre-schools for the month of March. This is a wonderful experience to bring joy to a classroom of children by reading to them and giving them each their own book to keep. Unfortunately Karen is going to be giving being chair of this Project so if anyone is interested in chairing this great project, please call Karen at (219) 324-3396.



"GO GREEN FOR SPRING"

The members of New Durham Twp. and Cinton Twp. invite you to join them in the annual Spring Style Show and Cultural Arts Event. The show will be held at Red Mill County Park, 0185 South Holmesville Road, LaPorte on Sunday, April 19, 2009, from 2:00 p.m.—4:00 p.m. This year they have added a “just for fun” category to the Style Show called “Consumer Clothing”. So Ladies, start shopping to find the biggest bargain on a new spring outfit. Shop bargains, clearance racks, resale shops, etc. to your special outfit. What a way to show off your bargaining skills! Be sure to bring your receipts to show what you paid for your outfit. Tea and cookies will served for refreshments. What a great way to relax on Sunday afternoon! Even if you don’t want to enter the shows, please plan on attending and enjoying all the fun! The categories for the Style Show and Cultural Arts are the same. If you are interested in participating please either contact or stop by the Extension Office to pick up your entry form. Please be sure to return you entry to the Extension by the April 15th deadline.

FAIR BOOTH EXHIBIT

The members of Country G. A. L. S. Extension Homemakers & Merry Moderns Extension Homemakers are busy planning the fair booth display for the 2009 LaPorte County Fair which runs July 19th thru the 25th. The theme this year is “Parenting” and they would appreciate if each club would dontate items for the booth pertaining to family life and parenting by the June 1st Council meeting. If you have any questions or ideas please call Margo Brust at (219) 767-2953 or Marilyn Sawyer at (219) 362-6069.



SPRING CRAFT CLASS

Tired of the cold, snowy weather? Are you ready to get out and have fun crafting? A craft class is being held on Saturday, April 4, 2009, from 9:00 a.m. to 1:00 p.m. at the LaPorte County Public Library, 904 Indiana Ave., LaPorte. There will be two different crafts offered: 4 ceramic painted coasters and 4 personalized notecards. Take one or both classes and let your talents shine! The cost of the class is \$6.00 each or \$10.00 for both. Invite your girlfriends and make it a morning out! We do have examples of the ceramic painted coasters at the Extension Office if you would like to see them. If you interested in joining this class please call the Extension Office at (219) 324-9407 or you can mail your reservation along with your check to: LaPorte County/Purdue Extension—2358 North US Hwy. 35, LaPorte, IN 46350. Please make your check payable to the LaPorte County Extension Homemakers. The deadline for reservations and payment is March 25, 2009.

OFFICERS FOR THE 2009—2010 YEAR

Congratulations to the new officers for the 2009—2010 year! The ladies will be officially be installed at the June Council meeting. Thank you for volunteering for these important positions in Extension. Good luck to all of you!

President: Mary Nowatzke, Coolspring Project Club

Vice-President: Betty Thomas, Town n' Country

Secretary: Sandra Provan, Town n' Country

Treasurer: Kathy Ulman, Homespun Harmony

Membership: Virginia Seitz, East Galena

Logo: Sharon Russ, East Galena

The revised Constitution was approved at the March Council meeting. A copy of the Constitution will be sent to each club president for everyone's review.



LaPORTE COUNTY ANNUAL 4-H PLANT SALE

It's time again for the annual 4-H Plant Sale. Geraniums are being offered in a variety of colors—red, white, salmon and fuschia. They are also selling hanging baskets, pansies, marigolds, petunias and impatiens in red and white. Enclosed is an order form for your convenience. They ask that all orders, including payment be turned into the Extension Office by Friday, May 1, 2009. The plants can be picked up on Saturday, May 9, 2009 from 8:00 a.m. to 12:00 p.m. at the LaPorte County Fairgrounds. For any questions or to place an additional order, please contact the Extension Office at (219) 324-9407 or Skeeter Scott at (219) 362-2000.

E.H. CLUB CORNER

The members of Country G. A.L.S. went to LaPorte Hospital and played Bingo with the residents on the 5th and 6th floor. Prizes consisted of “cling ons” for Valentines Day and they were a great success. We also collected mittens, gloves and hats to give to South Central Elementary School for kids in need or that forgot their hat and the weather had changed on them. Our next meeting will be on Thursday, March 5th where we will meet Amy DeSmitt’s to make a basket & have lunch at the Horseshoe in Wanatah.

Respectfully Submitted, Peggy A. Schoof, Liason

East Galena Extension Homemakers celebrated the 100th birthday of one of our members, Millie Condon, at our February meeting. After birthday cake and ice cream were served in her honor, she opened gifts and cards. Millie is a very active member and a great inspiration to each of us. In January, we didn’t have a place to hold our meeting and Milie invited us to her home. Each year in May she hosts our annual picnic. In January we received a new member Dorothy Schwark, sponsored by Jean Murdock. We now have 14 members. At each of our meetings we collect non-perishable food items for the local food pantry.

Respectfully Submitted, Carol Harde, Secretary

A NOTE FROM OUR CFS EDUCATOR, ALLISON GOSHORN

Thanks to all of you who helped warm the long winter with Conversations from the Heart. Sponsored by the American Heart Association, this program helps us have discussions about heart healthy living. About 34% of Indiana residents and 38% of those in LaPorte county die from heart disease so this is an important issues for all of us. A special thanks to Kitchen Kin, Coolspring Project Club & Charm n’ Chatter , and Wills Townships clubs who presented this lesson at their clubs! About 170 people have attended this program so far ... notice I said so far? We are going to keep going with this through 2009.

With spring just around the corner, we are going green with a focus on Financial Literacy. I will be providing programs for youth at Michigan City Schools Even Start Program and for adults at several branches of the LaProte County Public Library. Please call the office if you would more information and consider joining me at one of these—it would be great to see you there. We also have several great programs that are available on-line at eXtension; these are

Managing Money in Tough Times at

http://www.extension.org/pages/Financial_Security:_Managing_Money_in_Tough_Times

And Planning For a Secure Retirement at

http://www.extension.org/pages/Planning_for_a_Secure_Retirement_Lesson_English_version

Swing Into Spring with our March 31st Retreat at the LaPorte Library—Main Location. Annetta, Corrine and I will be there with entertaining workshops and lessons to go for your clubs. Our collection of Places to Visit in Indiana has grown and we will feature Marshall and Porter Counties, a Sweet Treat Tour and an Update on What’s New in LaPorte County! See you then!

Purdue Extension

Knowledge to Go

LaPorte County

219-324-9407 or 1-888-EXT-INFO

