

# Extension *Express*

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The Guilford Carry-On 4-H club doing a tomato planting activity.

## A Heartfelt Farewell & Warm Welcomes

### Christina Hall

A little over two years ago we welcomed 4-H Educator Christina Hall to CCE Chenango. And it is with very mixed emotions that we say “thank you” and “good luck” to her as she moves on in her professional career. Actually, I told her no and refused to accept her resignation letter, so Christina attached it to an arrow and launched it into my office wall. For those that have been learning shooting sports from her, the results are real! I joke, but what Christina has done in a short amount of time, and done extremely well, is amazing and I believe that we are all very lucky to have had the opportunity to work with and learn from her.

Through her interview we knew she could teach but what she did once she was hired is truly a credit to her! Taking on the 4-H After School Programming, Outdoor Adventure, Shooting Sports, Survival Skills Challenge, SciGirls, Wild Edibles, Maple Education, and other odds and ends programming, Christina made sure that everything was done well, everyone had fun and the learning was nonstop. Even after two years, I am still in awe at how well she plans and delivers programming, how she finds good humor in all situations and how she can paddle a kayak in a straight line instead of the never-ending circle.

In addition to all that she has accomplished in Chenango County, Christina also took on professional or 4-H leadership roles regionally and state wide, becoming vice president of our 4-H district educator’s group, a board member for NY Agriculture in the Classroom, an Agriculture Ambassador as part of the NYS Agricultural Society, and a member of the newest class of LEAD NY. She also assisted with NYS 4-H STEM Camp and NYS 4-H Forestry Weekend.

While she is leaving CCE professionally, Christina will remain a part of CCE Chenango as a 4-H Volunteer. We wish her the best in all of her travels and in her new position as a NYCAMH Educator.

### Rhonda Turrell

We are pleased to announce that Rhonda Turrell has been hired to fill the position of Administrative Assistant in our Norwich Office.

Rhonda is a 34 year resident of Chenango County and has a diverse background in Special Education, Retail work, and extensive work with the 4-H Horse and public presentation programs. She is one of our beloved 4-H volunteers, and we are beyond happy to welcome her to our team.



Christina Hall, 4-H Educator



Rhonda Turrell, Administrative Assistant

continued...

Rhonda is generally in the office from 8:00AM to 4:30PM Monday through Friday and would love to have you stop in sometime to visit and answer any questions you may have!

### Juste Impolyte

Joining the Eat Smart New York and SNAP Ed program is Juste Impolyte. Juste recently graduated from SUNY Oswego with a Bachelor of Science in Wellness Management and a minor in Nutrition.

Juste grew up in a small town in the country of Lithuania, and moved to Norwich over 14 years ago with her family. Now that she is done with school, she is excited to work close to her Norwich roots.

She will be providing nutrition education to SNAP recipients in various environments across Chenango, Madison and Cortland counties. As someone who has a passion for nutrition, she is eager to work with the ESNY program and ready to learn along the way.

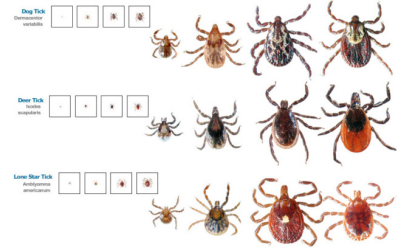


Juste Impolyte at a recent community event

## Upcoming Programs at CCE

### Ticks & Tick Bourne Disease • July 19<sup>th</sup>, 7PM

Ticks and tick borne diseases are on the increase in the Northeast. Tick borne diseases include lyme, anaplasmosis, babesiosis, and powassan. All of which can be debilitating and sometimes even deadly. The focus of this program will be to help the attendees better understand how to avoid ticks and tick borne diseases. Registration Deadline is July 16<sup>th</sup>, please keep in mind there is a limit to this class.



### Preventing Sexual Harassment on Farms - Tools for Employers:

Updates and Resources for the NYS Sexual Harassment Regulations

- Dates:** July 29<sup>th</sup> & July 30<sup>th</sup>
- Cost:** \$10 (to be paid to each office directly)
- Time:** 10:00AM-1:00PM
- Registration Deadline:** July 26<sup>th</sup>, noon

**All Locations:** Speakers will be located across the state and connected via Zoom. Each extension office listed will have the Zoom meeting projected and a light lunch provided. Farmers will be able to ask real time questions and engage with other farmers.

Registration link: <https://forms.gle/duASeZ35oqP1e28M9>

For more information, contact: Nicole Tommell at (315) 867-6001 or email [nt375@cornell.edu](mailto:nt375@cornell.edu)

To view the agenda, go to our website or Facebook page!

#### July 29<sup>th</sup>-

- \*CCE Schoharie County Office
- \*CCE Herkimer County Office

#### July 30<sup>th</sup>-

- \*CCE Chenango County Office
- \*CCE Saratoga County Office
- \*CCE Fulton/Montgomery Counties Office
- \*CCE Madison County Office

### A Collaboration to help Chenango County Families

Wholesome Wave, with the support of WW Good, and Cornell Cooperative Extension of Chenango County are collaborating again to help families eat more fruits and vegetables.

Over the next two months Alexis Woodcock of Cornell Cooperative Extension of Chenango County and educators from Eat Smart New York will be hosting weekly Nutrition Education Workshops, in which participants can sign-up for a \$25.00 Wholesome Wave Walmart gift card. Participants can use the gift card, immediately, at any Walmart for fresh fruits and vegetables.

The goal of the program is to increase the affordability of fresh fruits and vegetables, by providing families with monetary incentives and nutrition education. In the end, Wholesome Wave, WW Good, and Cornell Cooperative Extension of Chenango County, aim to show that when people have more access to healthy foods, they will develop lifelong healthy eating habits.

All workshops will be held at 99 North Broad Street, Cornell Cooperative Extension of Chenango County kitchen. Here is the schedule of workshops. Please call or email Alexis Woodcock at (607) 334-5841 ext. 1111, [asw239@cornell.edu](mailto:asw239@cornell.edu), to register for a workshop.



- July 10, 5-6PM
- July 17, 5-6PM
- July 24, 5-6PM
- July 31, 5-6PM
- Aug. 14, 5-6PM
- Aug. 21, 5-6PM
- Aug. 28, 5-6PM

# Summer 2019 Food Preservation Programs

## Introduction to Food Preservation: Science and Safety

\$5.00 • July 18, 2019 5:00-7:00PM

Get an overview of the different techniques to preserve food safely, familiarize yourself with the equipment and learn the science behind safe food preservation and approved recipes. This is a beginner class.

## Preserving Blueberries

\$15.00 • July 30, 2019 5:30-7:30PM

Learn to safely turn fresh blueberries into a variety of products, preserved for later use. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like.

## Preserving Peaches

\$15.00 • August 15, 2019 5:30-7:30PM

Learn to safely turn fresh peaches into a variety of products, preserved for later use. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like.

## Canning Condiments

\$15.00 • August 27, 2019 5:30-7:30PM

Discover how to make salsa, condiments, and sauces from seasonal ingredients and safely preserve them for later use. All materials and ingredients provided. This is a hands on class. Please wear closed toe shoes and bring an apron if you like.

**All classes are taught by Cornell Cooperative Extension Master Food Preserver Volunteers and held in the Cooperative Extension Kitchen at 99 North Broad Street, Norwich, NY 13815**

**There is limited spaces available for each class so sign up early!  
To register call (607) 334-5841 ext. 1111 or email [asw239@cornell.edu](mailto:asw239@cornell.edu)**

## 4-H Survival Skills Challenge

On Saturday June 1<sup>st</sup>, Twenty-five 4-H youth participated in the second Chenango County 4-H Survival Skills Challenge at Millbrook Park outside of New Berlin. This competition featured stations which tested participants' knowledge of different survival skill areas. The seven disciplines youth were challenged in were fire-starting, shelter-building, kayaking, foraging, provisions, first aid, and wayfinding. Competitors had to work together with their team to solve problems and make it through each of the challenges, while only using the materials in their pack. Teams of four to five youth, along with their coach, rotated through these stations where they had to navigate to waypoints, rescue capsized kayaks, and more, being scored on their ability to meet the objectives and to work together as a team.

Special thanks in making the event possible goes to Kerry, a company with a local plant in Norwich that develops and manufactures food and beverage solutions for popular brands throughout the world through sensory science and technology. Since its establishment in 2015, the Kerry Employee Engagement Program, from the Norwich, NY manufacturing facility, has worked to support environmental and community growth initiatives in the Norwich plant and in the local community. The company supported the event by sponsoring the event financially, but also by sending volunteers to help out. Employees from Kerry were on the front line in charge of each of the stations and scored and provided feedback to each of the participating teams.

Thank you to everyone who participated and volunteered for making the day a success!



The Winning Team (L to R):  
Brendon M., Joshua L., Anne B.,  
Loralee B



Here are a few images from the day, including a group picture of all youth and volunteers!

# 4-H Calendar of Events

July 7-9	The Farmers' Museum Junior Livestock Show, Cooperstown, NY
July 15	4-H County Fair Entries Due, CCE, 4PM
July 22	4-H Fair Clean Up, 9AM-2PM, Case Building
July 29	Livestock Pen Set Up, 7PM, Chenango County Fairgrounds
Aug 1	4-H State Fair Animal Entries Due, 4PM
Aug 3	4-H Domestic Projects Pre-Fair Judging, Case Building
Aug 5	4-H Perishable Projects Pre-Fair Judging, Case Building, 4-7PM
Aug 6-11	Chenango County Fair
Aug 19	4-H State Fair Exhibitor Meeting, 7PM, CCE
Aug 21-Sept 2	NYS Fair, Syracuse
Sept 16	4-H Year-End Paperwork Due

## 2019 Chenango County Fair Theme

Show your 4-H pride and decorate your livestock or club booth area using this year's theme,

## "A Boot Scootn' Good Time"

Preregistration required. Entry forms on the inside cover of the 4-H Chenango County Fair book.



## Chenango County 4-H Grant News

Chenango County 4-H would like to thank local grant foundations for their generosity and support for the following 4-H projects:

**The Greater Norwich Foundation**, in Memory of Mr. Robert Galvin, has awarded Chenango County 4-H \$13,425 to continue renovating the livestock area of the Chenango County Fairgrounds. Funds will be used to finish a 40X60' area of concrete in the Sheep Barn

**The Roger Follett Foundation**, has awarded Chenango County 4-H \$13,000 to continue renovating the livestock area of the Chenango County Fairgrounds. Funds will be used to purchase 5X6' pens for the livestock areas.

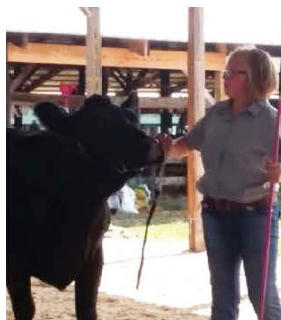
## Chenango County Annual 4-H Livestock Auction

You are invited to join the Chenango County 4-H'ers at the Chenango County Fair on August 9<sup>th</sup> at 7PM to show support at the Livestock Auction!

Available for sale will be Swine, Goats, Sheep, and Beef

The Livestock Auction will take place in the Follet Show Ring between the dairy cow and dairy goat barns.

Watch the 4-H Facebook page for a video of the animals that will be in the auction!



# 4-H Activities to do at the New York State Fair

## First Annual 4-H Outdoor Cooking Challenge • August 28<sup>th</sup>, Start Time: 10AM, Tasting 12PM sharp

We are seeking four brave adventurers to share their best camp/backcountry culinary concoction in this inaugural event. If you can grill it, stew it, or hobo pack it, bring it on!

Cooking Options: charcoal briquettes or firewood; open fire in a pit, cooking over coals, foil packets, grill top, Dutch oven, and skewers.

We provide: Campmaid cooking stations (containing small grill top), tongs, spatula, skewers, foil, charcoal chimneys, matches, newspaper, fire safety equipment.

You will need: ingredients, recipe, and nutritional information for one main dish or one dessert.

Judging will be based on: originality, taste, proper preparation, attention to safety (including food safety), and presentation of final product.



## First Annual Wildlife Habitat Education Program – WHEP-Xpedition • August 28, 2019, 2:00-5:00PM

Location: Youth Building Stage

WHEP is a knowledge competition where youth learn about different species of birds, mammals, amphibians, reptiles, and where they live. Youth learn about what the animals eat, where they build their nests, and what types of activities are impacting the species and how each species can be managed.

The program is based on the National 4-H Wildlife Habitat Education Program which offers an annual competition.

Currently, NYS does not send 4-H youth to the National 4-H Wildlife Habitat Education Program competition. However, should enough interest arise, facilitators will explore the opportunity for 2020.

If you are interested in participating in the WHEP-Xpedition, contact John Bowe at the CCE Office of Warren County by e-mailing [jfb32@cornell.edu](mailto:jfb32@cornell.edu) or calling (518) 668-4881.



**MUST BE 10 YEARS OF AGE OR OLDER AND MUST BE A REGISTERED 4-H MEMBER AND MUST CONTACT CCE WARREN COUNTY TO FOR MORE INFORMATION OR TO REGISTER!**

## 2019 4-H New York State Fair Information

- **All animal entries are due August 1st.** Plan ahead!!! Register all animals that you think might go. It is easier to scratch than to add entries. Additional animal entries can be made by close of county fair but it will be the responsibility of the exhibitor to get those entries to the NYS Fair Entry Office by closing of August 12, 2019.
- **The normal State Fair Show Schedule has changed with the additional day added to the State Fair.** Please read the activities schedule in your entry packet very carefully to find out all changes for your species. Parking and parking pass needs have also changed drastically. If you are entering an Open Show and are able to purchase passes with those entries, please do so.
- Animal entry forms and class lists can be obtained by calling the 4-H Office, 334-5841 ext. 1112.
- Dairy Cattle entries must be accompanied by registration papers and a signed code of conduct.
- All entries must have a 4-H Educator's signature to be official.
- All domestic exhibits will be selected at county fair prejudging.
- Items going to State Fair will be packed and stored at the CCE Office until State Fair, unless items need fixing before State Fair competition. Produce, baked goods, and flowers must be brought to the CCE Office before State Fair.
- Dorms for State Fair 4-H Animal Exhibitors: those parents, volunteers, and youth planning on staying in the Youth Building Dorms must complete a paper copy registration form by August 1, 2018. Each person must present this 4-H Educator-signed form upon move-in into the dorms. All adults staying in the dorms must be enrolled volunteers who have undergone a CCE background check within the last 3 years, per NYS Cornell Cooperative Extension Policy. Those exhibitors NOT staying in the dorms during State Fair must complete a "Dorm Exemption" form and have it on file with the 4-H Office and indicate where they will be staying.
- **EXHIBITOR'S PASSES, DAILY PASSES, AND PARKING PERMITS for State Fair will not be mailed out ahead of time. State Fair exhibitors will meet on August 19<sup>th</sup> to pick up passes, 7PM, CCE Office.**



# 4-H Fair Schedule

**July 15, 2019**

4:00PM All entries due to the 4-H office CCE/4-H Office

**Thursday, August 1, 2019**

4:00PM State Fair 4-H Animal Entries Due CCE/4-H Office

**Saturday, August 3, 2019**

10:00AM-1:00PM 4-H Judging for Non-Perishable Exhibits HL Case Building  
(Sections 2-7, 9-11, Section 1 Non-Perishable Cloverbud Exhibits)

**Monday, August 5, 2019**

12 noon Animal Barns open to Exhibitors HL Case Building  
4:00PM - 7:00PM 4-H Judging for Perishable Exhibits HL Case Building  
(Sections 8, 10, & 12; Cloverbud Perishable Exhibits)  
7:30PM 4-H Goat Milking Contest – 1st Milk Out Livestock Show Ring

**Tuesday, August 6, 2019**

7:30AM 4-H Goat Milking Contest – 2<sup>nd</sup> Milk Out Livestock Show Ring  
9:00AM 4-H Rabbit and Cavy Show Follett Show Ring  
12 Noon All Animal Exhibits must be in place  
12 Noon 4-H Pet Show Follett Show Ring  
2:00 PM 4-H Dairy Cattle Judging Contest Follett Show Ring  
4:15PM 4-H Animal Exhibitor Meeting - Required Follett Show Ring  
5:00PM Market Animal Weigh In Livestock Barns  
6:15PM Fair Parade  
7:30PM 4-H Goat Milking Contest – 3rd Milk Out Livestock Show Ring  
8:45PM 4-H Cow Pie Tossin' Follett Show Ring

**Wednesday, August 7, 2019**

8:30AM 4-H & Open Poultry Judging Poultry Tent  
1:00PM 4-H Dairy Goat Show Livestock Show Ring  
7:00PM 4-H Dairy Showmanship Follett Show Ring

**Thursday, August 8, 2019**

8:30AM 4-H & Open Dairy Show Follett Show Ring  
9:00AM 4-H & Open Livestock Show Livestock Show Ring  
6:30PM 4-H Clothing Revue HL Case Building  
7:00PM Dog Obedience Trial Follett Show Ring  
8:00PM 4-H Stick Horse Rodeo Follett Show Ring

**Friday, August 9, 2019**

8:30AM Open Youth Horse Show Horse Show Ring  
10:00AM 4-H Parent Dairy Showmanship Contest Follett Show Ring  
7:00PM 4-H Livestock Auction Follett Show Ring  
8:30PM 4-H Ropin' Follett Show Ring

**Saturday, August 10, 2019**

3:00PM Super Showmanship Contest Livestock Show Ring  
5:30/6PM Livestock Fellowship Dinner Livestock Show Ring  
7:00PM 4-H Fair Awards & Ice Cream Social Follett Show Ring  
8:30PM 4-H Boot Scootn' Party and Dance Follett Show Ring

**Sunday, August 11, 2019**

10:00AM 4-H Goat Judging Contest Livestock Show Ring  
1:00PM 4-H Build It! Challenge – Gold Panning HL Case Building  
3:00PM 4-H Dairy Cattle Released  
4:00PM 4-H Poultry, Beef, Sheep, Swine, and Goats Released  
4:00PM 4-H Premium Checks & 4-H Domestic Exhibits Released HL Case Building

## Senior Dairy Scholarship

Chenango County 4-H is pleased to announce that the 2019 Senior 4-H Dairy Scholarship recipient is Karly Marshman, independent member from Oxford, NY. Karly, daughter of Dave and Kim Marshman, has been involved in the 4-H dairy program for 13 years, exhibiting Holsteins under the Tiger-Lily prefix.

Karly credits 4-H with teaching her hard work and dedication while helping her to create life-long friendships. Her work ethic and interest in agriculture are leading Karly to Morrisville State College, where she will pursue her AAS in agricultural science and BS in agricultural business, eventually transferring to Cornell University to complete her Masters in agricultural education through the MAT program.

Congratulations and best wishes to Karly as she graduates this June from Oxford Academy and continues on to Morrisville!



## Leaders/Volunteers Association Scholarship

The Chenango County 4-H Leaders/Volunteers Association is pleased to announce that Justin Graham, son of Erin and Steven, is the recipient of the 2019 Leaders/Volunteers Association Scholarship.

Justin is a twelve year member of the Valley Busters 4-H club. Over the course of his 4-H career, Justin has actively participated in many different project areas and programs, such as: dairy and meat goats, beef, dairy bowl, community service, woodworking, literacy, photography, sewing, and arts and crafts. He has participated in the Chenango County Fair, Cooperstown Junior Livestock Show, the New York State Fair and has represented 4-H at ADGA Nationals. Justin has also participated in a local government agriculture trip.

Justin says "4-H has personally taught me many lessons through my life. Without 4-H I would not be the person I am today." Justin will be attending SUNY Morrisville and studying Agricultural Business.



## 4-H Fossil Finding

On May 18<sup>th</sup>, a group of youth joined together to search for fossils in a local Lebanon shale bed. Youth looked through the shale and used hammers to separate rocks to find fossilized trilobites, brachiopods, cephalopods, and more – similar to present day scorpions, shells, and snails!



## 4-H Grow Cook Eat Program



Once a month 4-H'ers gather at CCE to learn about growing their own food and cooking it, with the Grow Cook Eat program. In June they learned about and planted the square foot method. They planted two raised beds with: beans, peppers, kale, and tomatoes.

During the cooking portion of the day they made strawberry shortcake using strawberries mixed with honey and mint. The group made two different biscuits, one from a mix and one from scratch, to see if there was a noticeable difference.

In August, these 4-H'ers will show off what they have learned with cooking presentations at the fair as a part of Farm to Fork!

# Cooperstown Farmers' Museum Junior Livestock Show

July 7-9, 2019 • Get ready Chenango County 4-H - the annual Junior Livestock Show is coming! This show is a celebration of youth in agriculture! The show is the second largest youth competition in the state and the only one of its kind sponsored by a museum in the United States. A tradition in central New York, the event features the area's best livestock and youth exhibitors from a nine-county region. More than 300 youth handlers and 750 animals are expected to participate. The event tests the skills of participants (ages eight to eighteen) who present animals (dairy cows, beef, swine, goats, and sheep of various breeds) that they own, care for and have prepared for competition.



**Come one, Come all, to the 2<sup>nd</sup> Largest Youth Competition**  
**July 8&9, 2019**  
**Free Admission**

Group Tours Available on  
Monday, July 8, 9:00 to 2:00  
& Tuesday, July 9, 9:00 to 1:00

The Farmers' Museum Annual Junior Livestock Show is a great summer event for camps and youth groups in the region! Kids can watch over 300 youth handlers as they show more than 750 animals, including beef and dairy cattle, swine, goats, and sheep.

Groups are invited to attend tours of the show with staff from The Farmers Museum. Tours last about 30 minutes and can be supplemented with crafts, and games! Picnic space and restrooms are available. Group Tours must be booked in advance! To Schedule contact the organizers at (607) 547-1461 or school programs@nysha.org.

**The show is held at the Iroquois Farm show ground located at 1527 County Hwy 33**

## Upcoming Shooting Sports Series

Chenango County 4-H Shooting Sports will run a three week introduction to air rifle. This program, taught by our trained instructors, is designed for youth new to shooting sports and will concentrate on safety and technique. For ages 9 and up. Must be enrolled 4-H members. We will have three 1.5 hour long sessions of air rifle on July 10, 17, 24 beginning at 5:30PM. The course is free and all materials will be provided. The program will be held at the Rockdale Rod and Gun Club, 312 Rockdale Road, Mt. Upton, NY. Contact Richard at rlt229@cornell.edu to pre-register by July 3<sup>rd</sup>.

Program Goals:

- Learn safety techniques and range commands
- Learn basic shooting fundamentals
- Learn about eye and ear protection
- Clean and maintain firearms and equipment
- Develop shooting skills
- Explore wildlife conservation

## Master Gardener's Annual Plant Sale

On June 8th, the Chenango County Master Gardeners had their annual plant sale in conjunction with the Guernsey Memorial Library Book Sale. The volunteers put together an impressive display of annuals, perennials, herbs, and vegetables! Thank you to the Horstman's Nursery for donating the annuals for the sale. If you have any questions about your garden, you can call the office at (607) 334-5841 ext. 1111 and leave a message with our Master Gardeners. They will get back to you with an answer as soon as possible.





# 2019 CNY 4-H Dairy Judging Tour

Registrations due July 1<sup>st</sup>

To be held in conjunction with the CNY Holstein Show  
Friday, July 12, 2019

12:30PM Registration  
1:00PM Judging: 5 classes of Holsteins  
Awards to follow

Official Judge: Doug Evans, Sunnyacres Ayrshires  
Judging to be held at: Chenango County Fairgrounds, 168 East  
Main Street, Norwich, NY 13815

To register, please contact Janet Pfromm, CCE Chenango,  
jlp27@cornell.edu or 607.334.5841 ext. 1112  
We are beginning promptly at 1pm, Bathrooms on fairgrounds,  
fast food all around Norwich. Judging cards and team score  
sheets provided.



## Chenango County Ag & Outdoors

Join us at the Chenango County Fair for a week of  
Programming with Cooperative Extension!

Each day will have its own theme and its own vendors!

Tuesday, August 6<sup>th</sup>: Ag Day featuring Farm to Fork

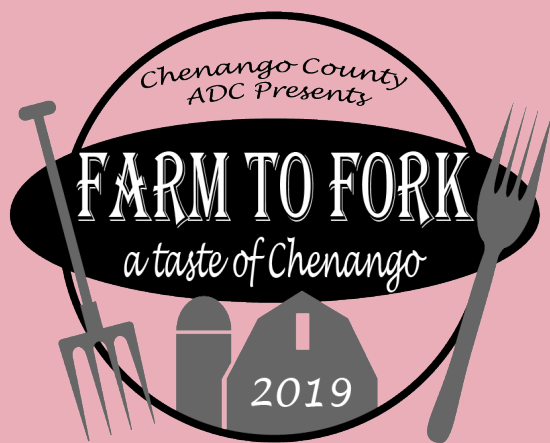
Wednesday, August 7<sup>th</sup>: Maple & Honey Day

Thursday, August 8<sup>th</sup>: Forestry Day

Friday, August 9<sup>th</sup>: Hunting & Fishing Day

Saturday, August 10<sup>th</sup>: Outdoor Recreation Day

**Keep an eye out for our educational programming  
schedule and for an update on all our vendors!**



**DON'T MISS IT!**

## Vendor Registration open!

The Chenango County Agriculture Development Council invites you to be a part of its fourth Farm to Fork, a Taste of Chenango. We are excited to feature Chenango County's great farms, restaurants, and beverage companies.

Call Ashley at 607.334.5841 ext. 1116 or visit [ccechenango.org/farmtofork](http://ccechenango.org/farmtofork) to register as a vendor at our 4th annual Farm to Fork, a taste of Chenango!

**August 6<sup>th</sup> • 12 - 9PM**

**Chenango County Fairgrounds**



# BEAT THE HEAT and Get Healthy as a Family!

Looking for ways to balance your calories, or just looking to get your body moving and have fun? Turn off the screens and get your family off the couch with these fun games that kids will love!

## Sponge Tag:

Played like the traditional game of tag. The person who is “it” has a wet sponge to chase other players with. The first person tagged with the sponge becomes the next “it.”

Soak the sponge in clean, cold water after each round. Play this game on grass to make sure everyone stays safe.



## Pool Visit:

Cool down with a trip to the local pool! Play a classic game like Marco Polo: The person who is “it” closes his/her eyes for a set number of seconds while opposing players disperse in the pool. “It” calls out “Marco!” and the other players respond “Polo!” “It” swims around the pool attempting to tag the other players. The first person tagged becomes “it” next.

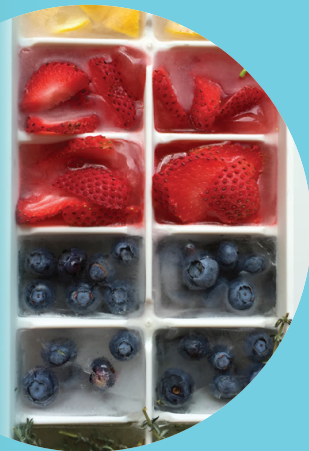
Supervise children in the water at all times, make sure younger kids stay in shallow water, and provide life jackets for weaker swimmers.



## Drink Ice Water and Keep Your Cool When You're Active!

A great way to beat the heat is by drinking water! Keeping your water cold and tasting great is as easy as making your own tasty ice cubes. Here's how:

- Put chopped fruit or fresh herbs into each section of an ice cube tray. Mint or any kind of berry would be great choices.
- Cover with water and place in the freezer until frozen.
- Put the cubes in your water, and when the ice melts, you'll have a fresh- and flavorful-tasting water!



Food and Nutrition Service • FNS-609 • March 2016

USDA is an equal opportunity provider and employer. • <http://teamnutrition.usda.gov>

# Spinach and Fruit Salad

## Ingredients:

- 1 bag baby spinach (8 cups), washed
- 2 cups strawberries sliced
- ½ red onion, sliced
- ½ cup sunflower seeds

## Dressing:

- 3 Tbsp. balsamic vinegar
- 1 Tbsp. dijon mustard
- 1 garlic clove, minced
- ½ cup olive oil

## To Prepare:

1. Combine all salad ingredients in a large bowl.
2. In a small bowl, combine balsamic vinegar, mustard, and garlic. Mix Well.
3. Add the oil in a slow steady stream, stirring constantly. Season with salt and pepper to taste.
4. Pour dressing on salad and mix gently. Enjoy!

## Nutrition Facts

Serving Size (150g)  
Servings Per Container

Amount Per Serving		% Daily Value*	
<b>Calories</b> 180	<b>Calories from Fat</b> 120		
<b>Total Fat</b> 13g			<b>20%</b>
<b>Saturated Fat</b> 1.5g			<b>8%</b>
<b>Trans Fat</b> 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 95mg			<b>4%</b>
<b>Total Carbohydrate</b> 12g			<b>4%</b>
<b>Dietary Fiber</b> 3g			<b>12%</b>
<b>Sugars</b> 7g			
<b>Protein</b> 3g			

Vitamin A 100% • Vitamin C 35%  
Calcium 6% • Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Makes 8 servings

BE THE CHEF!

PREP TIME: 15 MINUTES

## Fruity Fun Chicken Salad Cups

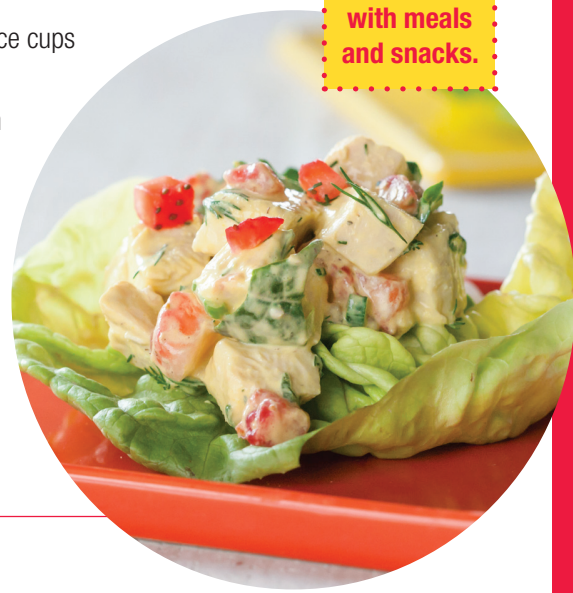
This chicken salad, served in cute lettuce cups, helps make summer fruits and vegetables fun to eat.

Eat fruits and veggies with meals and snacks.

Servings: 6 | Serving Size: 2 lettuce cups

## INGREDIENTS

- 1 10-oz can all white meat chicken
- ½ cup strawberries, diced
- ½ cup fresh spinach, chopped
- ¼ cup green onions, thinly sliced
- ¼ cup fat-free sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano leaves OR dry dill weed
- ¼ teaspoon ground black pepper
- 12 small Romaine lettuce leaves or Bibb lettuce leaves



## DIRECTIONS

1. Drain canned chicken.
2. In a medium bowl, combine chicken, strawberries, spinach, and green onions.
3. In a small bowl, mix together the sour cream, yellow mustard, oregano or dill, and black pepper.
4. Gently fold the dressing into the chicken mixture.
5. Measure ¼ cup of chicken salad into each lettuce leaf.

## OPTIONS

- Use 1½ cups of any cooked white meat chicken in place of canned.
- Consider adding blueberries, diced peaches, or grapes for a fruitier chicken salad.
- Instead of serving in lettuce cups, serve over 1½ cups of leafy greens like torn or chopped Romaine to make it a salad.

## NUTRITION INFORMATION

Amount per serving: 2 lettuce cups; **Calories:** 58; **Total Fat:** 2 g; **Saturated Fat:** 0 g; **Sodium:** 121 mg; **Potassium:** 145 mg; **Total Carbohydrate:** 4 g; **Dietary Fiber:** 1 g; **Sugars:** 1 g; **Protein:** 7 g; **Vitamin A:** 1368 IU; **Vitamin C:** 10 mg; **Vitamin D:** 0 IU; **Calcium:** 35 mg; **Iron:** 1 mg.

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# SOUTHERN TIER REGION EAT SMART NEW YORK PROGRAM





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