**Fun Night** - Deckert, Fischer, Fisher

At this year’s Fun Night, youth assembled Fresh Start Bags for Heart River Bridges of Hope. Bags consisted of various toiletries, gift cards, candy, and socks. Over 50 bags were donated and are given to support students as they transition back into the community from the youth correctional center.

**4-H Vendor Show** - Deckert, Fisher, Miller

As a fundraiser for camp scholarships, we hosted a vendor show on November 2nd. Funds from the rental of booths will help support Burleigh County youth to attend North Dakota 4-H camp.

See what our 4-H’ers are up to this month in the latest edition of the 4-H Newsletter.
Stepping On- Miller, Westby, Ziemann-Bolinske
We continued through November with our falls prevention program at Touchmark. This month we covered medications and effects on falling, vitamins and minerals that aid in balance and strength as well as involving Tami Ternes from ND Assistive showing us all kinds of assistive technology for special needs. Our last session will the first week in December.

Natural Grocers Nutrition Seminar- Ziemann-Bolinske
The new Natural Grocers in Bismarck hosted Katie Johnke, RD, LRD and I for a session on “Lifestyle is Medicine.” This was a noon presentation sharing the prediabetes risk assessment for November’s National Diabetes Awareness month and making healthful nutritional choices along with physical activity to prevent the onset of Type II Diabetes. We also shared The Family Table materials and the benefits of dining together.

Rethink your Drink- Ziemann-Bolinske
United Tribes Technical College – Fundamentals of Nutrition instructor, Mara Yborra, invited me in for a thought-provoking lecture on bringing awareness to the empty calories consumed in some beverages. We shared materials and conversation on how much sugar can be in our drinks, but limited nutrition. We discussed what drinks are better, which should be limited and why.

On the Move to Better Health Junior – Johnson, Westby, Ziemann-Bolinske
We returned to Northridge Elementary for the fifth year to offer this nutrition program to 82 second-grade students. The enthusiasm builds each week as the students are recognized with incentives for their tracking of healthy food choices and participation. This program discusses one of the five food groups each week through mid-December.

November marked the start of the five-lesson, On the Move to Better Health Junior curriculum at Dorothy Moses Elementary School which focuses on making healthy choices from the MyPlate food groups. Each lesson includes a book that reinforces nutrition messages as well as physical activities. Three classrooms of students are tracking what they eat and drink from one food group each week until they are familiar with the whole MyPlate at the end of the course.
On the Move To Food Adventures

Westby, Ziemann-Bolinske

This year marks our pioneer year for nutrition programming in 1st grade. Callie Stein, a member of the Burleigh County advisory council and RN with Proximal 50 has a first-grader in Northridge. She connected us with one of the four 1st-grade teachers and we ended up providing this program in each classroom to total 80 students. Each week, the students learn about a food group, touch the mystery item pertaining to the food group and make a hands-on snack. Katie Johnke, RD, LRD from Bismarck-Burleigh Public Health joins to help us with the lessons and snacks.

On The Move to Better Health - Johnson

The On the Move to Better Health program began in three classrooms at Dorothy Moses Elementary School and wrapped up in two classrooms at Jeanette Myhre Elementary School. On the Move to Better Health is a five-week program for fourth-graders that aims to increase fruits, vegetables, whole grains and calcium-rich foods in the diets of children while decreasing consumption of sugar sweetened beverages and improving fitness habits. One hundred seven
(107) students are keeping track of their healthy habits as they progress around a map of North Dakota while earning rewards for meeting nutrition and fitness goals.

**Diabetes Prevention - Ziemann-Bolinske**
This month Katie Johnke and I provided a lesson on diabetes prevention through healthy nutrition and physical activity. Katie shared snack ideas with multiple macronutrients to minimize blood glucose spikes. We disseminated the diabetes prevention risk test for participants to take and served the lemon bars recipe. [https://www.ag.ndsu.edu/food/recipes/snacks/3-ingredient-lemon-bars](https://www.ag.ndsu.edu/food/recipes/snacks/3-ingredient-lemon-bars)

**Dan’s SuperMarket Recipe Demonstration – Johnson, Westby**
Cowboy Caviar was the highlighted recipe of the month. Interestingly, it was one of the most popular recipes we have demonstrated at Dan’s SuperMarket. Cowboy Caviar served with whole-grain chips or crackers is a great snack idea. Try Cowboy Caviar in scrambled eggs, as a salad topping, on tacos, in deviled eggs or added to guacamole. One customer sampling the Cowboy Caviar asked, “Where can I buy a bottle of this salsa?” We just had to laugh because it never fails that at least one person sampling the recipe always asks where they can purchase the item.

**Eating Smart, Being Active - Johnson**
The eight-week Eating Smart, Being Active program wrapped up at Women’s Care Center with four different lessons being delivered in November including: Go Lean with Protein, Build Strong Bones, Make a Change and Celebrate! Eat Smart & Be Active. Four people “graduated” from the course and received an EFNEP cookbook and insulated bag of goodies including an oven mitt, spatula, vegetable brush/peeler and measuring cups/spoon set. Some things that participants mentioned they learned in class that will help their family eat healthier included: learned about MyPlate and how fruits/veggies should be half your plate; learned how to read labels, look at serving sizes and look for whole grains on labels; how to cook and store protein foods; and how to compare nutritional content of fresh vs canned vs frozen fruits & vegetables.

**BECEP Family Social – Johnson**
Three Early Head Start families with three children attended the Family Social/“Mini” Thanksgiving Feast hosted by BECEP (Bismarck Early Childhood Education Program) at the BPS Hughes Administration building. I provided the families in attendance with information on Fight Bac! Keep Food Safe This Holiday Season, Holiday Food Safety Tips, "No-Show" Guests Jeopardize Food Safety, Stuffing Safely and Slow Cooker Stuffing. The adults enjoyed the opportunity to socialize while the children created handprint turkeys and munched on adorable turkey treats.
How to Retire the Cheapskate Way - Ziemann-Bolinske
The Personal and Family Finance specialist coordinated a multi-state training opportunity with Montana State Extension to teach agents about offering this program. The training was offered as a series of zoom meetings as we read the book. There are fundamentals on best practices in preparing for retirement.

KFYR Noon Show – Ziemann-Bolinske
Tune in Tuesdays noon to 12:30pm. This month Shaundra Ziemann-Bolinske was joined by Katie Johnke RD, LRD sharing the CDC prediabetes risk test for National Diabetes Awareness month

If you are interested in receiving notification of any programs, events or newsletters provided by NDSU Extension Service - Burleigh County please sign up at tinyurl.com/NDSUBurleigh.

January 2020
• Nourishing Boomers lunch and learns at Touchmark 11am-12pm 2nd Thursday of the month. “Nourish Your Muscles” $5 for lunch

February 2020
• Nourishing Boomers lunch and learns at Touchmark 11am-12pm 2nd Thursday of the month. “Nourish Your Heart” $5 for lunch

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