Banking on Strong Bones
Trisha Jessen offered the Banking on Strong Bones curriculum to five 4th grade classrooms in Ward County. The program encourages healthy eating and stresses the importance of calcium and exercise to build strong bones. Students journal calcium intake and physical activity daily for one month. Newsletters that include nutritious recipes are provided weekly to families. The program is well received with teachers asking to have the four-lesson program each year.

Adult Nutrition Education
Trisha taught the Pinchin’ Pennies, Creates and Cooking 101 curriculums at four locations in Minot: Milton Young Towers and Henry Towers (public housing sites), Second Story (a center for people with developmental disabilities), and Harmony Center (a center for people with mental disabilities). These curriculums teach the concept of healthy eating on a limited grocery budget. Food demonstrations included quesadilla pockets, ramen noodle casserole, roasted chickpeas, hummus, and more. Participants earn kitchen incentive items and are encouraged to prepare the recipes at home.

Go Wild with Fruits and Veggies
Go Wild with Fruits & Veggies is a five-week program that encourages students in 3rd grade to eat more fruits and vegetables and to become more physically active. Trisha taught this last quarter at Roosevelt and Sunnyside Elementary classrooms. This quarter McKinley Elementary joined in the fun. The curriculum is organized by fruit and vegetable colors and an animal character is associated with each lesson to make learning more enjoyable and to educate the students about area wildlife. Lessons included games, music, dance, tasting opportunities, and other activities to stimulate all five senses and keep students engaged throughout the whole lesson.

On The Move
On The Move classes were in full swing this quarter! Ellen Bjelland visited Bell, Nedrose, Burlington, and Surrey with the 5th grade program and all but Nedrose with the 2nd grade program. This program teaches basic concepts in nutrition and healthy living.

Marketplace for Kids
Ellen co-taught a lesson for the region’s Marketplace for Kids on manners. Marketplace is designed to promote entrepreneurship.

Senior Programs & Behavioral Health
Ellen taught two lessons for older adults at two locations each: Understanding Depression in Later Life and Passing on Family Memories; these were held at Milton Young Towers and the Parker Center. In addition, Ellen coordinated the Behavioral Health IVN, providing a valuable in-service opportunity for those who work with youth, adults, and the farm population.

Worksite Wellness
Ellen led several worksite wellness lessons this quarter. She helped First Western Bank & Trust and Verendrye Electric launch their wellness programs. She also taught three lessons for National Nutrition Month for Ward County employees as well as lunchroom staff from Minot Public Schools.

Long Term Health Care Planning
Paige Brummund and Ellen coordinated the Long Term Health Care program held February 15th. The program was taught by Gary Hachfeld of the Minnesota Extension Service. Important information was shared and audience members left with material on how to implement changes to their long term health care.

Parent Support
Holly Arnold facilitated 7 on-site parent support groups at New Hope (a residential addiction treatment center) and 7 on-site parent support groups at Quentin Burdick Job Corps. 29 parents (unduplicated number—all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education
Holly facilitated/taught 6 sessions of Parenting the Love and Logic Way and 2 sessions of Active Parenting of Teens-Reducing the Risks. Holly presented a program for the Minot Child Care Association and the Nurturing Parenting Program. Contracted PRC facilitators taught 6 sessions of The Nurtured Heart Approach, 4 sessions of Basic Beginnings, and 1 session of Happiest Baby on the Block. A total of 59 parents/caregivers attended the classes. Parents Forever and Cooperative Parenting and Divorce were also offered.

Parent Research Center in the Community
Holly assisted with Ag in the Classroom and represented NDSU Extension Service at the High School Counselor Tour at Ward County. Holly had a PRC booth with Ward County Social Services at the Home and Garden Show.
Ward County Quarterly Program Highlights for January, February, and March, 2017
Extension Agents: Paige Brummund, Ellen Bjelland, Holly Arnold, Trisha Jessen

Holly had a PRC booth at the Ward County Foster Care Open House and showed Paper Tigers to 14 professionals. Holly was a guest on the KXMC Noon Show.

Design Your Succession Plan
Farm and ranch succession planning has emerged as a critical need for North Dakota producers. The average age of a farmer/rancher is 57, so many are looking toward retirement and transitioning their business. Paige and Ellen collaborated to teach the "Design Your Succession Plan" workshop in Minot. This program is designed to assist farm and ranch families get started on their succession plan and help them shape the future ownership of their business.

Ward County Ag Improvement Association and Crop Production Programming
Paige collaborates with the Ward County Ag Improvement Association (WCAIA) to provide educational events to the area farmers regarding current and applicable agricultural topics. The annual meeting was held in February with programming on wheat production. Seed growers were selected to increase the quantity of newly released NDSU varieties known as ND VitPro spring wheat and a new variety of GT soybean. These new varieties will be available for general use in 2018.

Youth 4-H
Livestock Judging, Horse Judging, Hippology, and Quiz Bowl Teams
Livestock and horse judging contests require youth to organize their thoughts, think clearly on their feet, and speak from memory, while maintaining poise and confidence in front of a judge. Paige teaches the statewide judging practice workshops, assists in organizing local contests, and coaches the teams at statewide competitions to represent Ward County. This year, Paige coached the ND State Quiz Bowl team. They competed at the Western 4-H Roundup in Denver in January earning a 5th place finish in the nation.

Pesticide Certification
This year, Ward County had approximately 150 farmers and agriculturists renew their private pesticide applicators licenses. Producers wishing to purchase restricted use pesticide must attend these meetings every 3 years to keep their license current. Topics such as handling pesticides safely, regulatory issues, preventing pesticide drift, and new pesticide use recommendations were taught by Paige, North Dakota Department of Agriculture staff, and NDSU specialists at each meeting. In addition to the private pesticide applicators certification, Paige also facilitates the training for commercial pesticide certifications in the North Central and North West regions of the state.

Beef Cattle Programming
An alternative beef cattle forage production program was held in Minot in February. This program covered non-traditional methods for wintering cattle and production of feedstuffs. Bale grazing research was presented along with information about cover crops and utilizing crop residue. Controlling input costs remains a key strategy for producers to remain profitable in the current economic downturn in agriculture. Deciding which inputs to cut while minimizing the effects on production presents challenges. To assist with marketing decisions, another program was held in January geared towards analyzing marketing strategies in the cattle industry.

Horticulture Programming
Paige held the NDSU Spring Fever Garden Forums for horticulturists in Ward County. Agents and researchers shared information to help participants learn about timely issues on trees, shrubs, flowers, vegetables, fruits, and lawns. Question-and-answer opportunities followed each presentation. Horticulture programming continues to be a large portion of the utilization of the Extension office in the growing season months.
Ward County Quarterly Program Highlights for April, May, and June, 2017

Extension Agents: Paige Brummund, Ellen Bjelland, Emily Goff, Holly Arnold, Trisha Jessen

On the Move to Better Health Kids Cooking School
On the Move to Better Health Cooking School is a curriculum to teach children about nutrition and health as they explore hands-on food preparation. **Trisha Jessen & Ellen Bjelland** taught at 8 schools and 12 classrooms. **Trisha** taught the 4th and 5th grade youth about MyPlate and how to read recipes. They practiced measuring skills and made blueberry muffins from scratch. They also focused on food safety skills and learned about various kitchen tools and equipment. They practiced knife skills and made ants on a log. They also prepared grilled peanut butter and jelly sandwiches. **Ellen** finished up in the schools with the On the Move program for 2nd and 5th grades.

Summer Food Service Program
Many families struggle to feed their children in the months they are not in school, especially those that rely on the free and reduced rate meals. Fortunately, children 18 and under can eat a free lunch Monday through Friday at Radio City Park in Minot. **Trisha** visited with the families at the feeding site four times this summer. At the first visit family mealt ime was discussed and the children created conversation cards to take home while the parents received low-cost recipes and nutrition information.

Family Consumer Science Programming
**Ellen** served on the coordinating committee for the Real World program as well as co-taught a session on banking essentials. The program is geared to 7-8th grade students and teach “real world” financial concepts using classroom content as well as a simulation. **Ellen** judged the semi-finals of the ND Envirothon contest in May. She also formed a 4-H Consumer Choices team and is working with the youth in preparation for the State Fair contest. She judged foods at the Ward County Achievement Days and headed up the concession stand at the event.

**Ellen** taught three health and wellness lessons for residents of the Milton Young Towers as well as a lesson for Head Start parents and the Domestic Violence Crisis Center. She also taught a lesson on distributing non-titled property for an area Homemaker club. **Ellen** became a master trainer for the state’s Stepping On program in April. Stepping On is a nationally recognized falls prevention program.

Pinchin’ Pennies
**Trisha** taught the Pinchin’ Pennies curriculum at five locations in Minot: Milton Young Towers and Henry Towers, public housing sites; Second Story, a center for people with developmental disabilities; Harmony Center, a center for people with mental disabilities; and New Hope, a treatment home for women. The curriculum teaches the concept of healthy eating on a limited grocery budget. Food demonstrations this past quarter included quesadillas, fruit salad, veggie pizza, omelets and snack mix. Participants earn kitchen incentive items and are encouraged to prepare the recipes at home.

Square Foot and Container Gardening
**Paige Brummund** partnered with the Minot Area Team Wellness, The Minot Air Force Base, and Trinity Hospital to offer Square Foot and Container Gardening classes in April and May. Square Foot Gardening is particularly useful in small urban spaces or for those not able to keep up with the maintenance of a large garden. The home grown produce provides great yields in small spaces with minimal labor and inputs. Container gardening is a method of raising fresh produce for apartment dwellers and others who do not have the capabilities for a traditional garden space.
Drought Concerns and Assistance
Paige conducted field visits and answered many concerns related to the drought conditions in the county. Producers relying on high yields to get through another production year are facing difficult decisions. Extension resources are shared to manage risks and offer assistance for planning for the future.

Horticulture, Lawns, and Tree Programs
Paige hosted the NDSU Spring Fever Garden Forums for horticulturists in Ward County. Agents and researchers shared information to help participants learn about timely issues on trees, shrubs, flowers, vegetables, fruits, and lawns. Question-and-answer opportunities followed each presentation. The NDSU Master Gardener in Ward County are maintaining a pollinator garden as part of the City of Minot Adopt-A-Lot program. The pollinator garden will be used as an educational demonstration garden for summer pollinator tours. Horticulture programming continues to be a large portion of the utilization of the Extension office in the growing season months. Ken Eraas joined the Extension Service part time to assist with the demand for horticulture related topics in the summer months.

Field Surveys
Paige collaborates with producers across the county to conduct a number of field surveys during the growing season. Some of the data collected includes swede midge, wheat midge, wheat establishment data, soybean yield factors and data, corn emergence data, and sunflower disease and pest data. Paige worked with cattle producers on forage sampling, grazing utilization, compost management, and silage production.

ND 4-H Camps
Paige organized and taught the 4-H Horsemanship Camp in June. Youth from across the state came to the camp to enhance their showmanship and horsemanship skills. Along with learning new techniques with their horses, they were able to make new friends and enhance their leadership skills at the weeklong camp.

4-H Meats Judging
Paige and Emily Goff assisted with the Meats Judging program. Youth learn about the livestock industry and how their animal proteins make it from farm to table. They learn how to recognize various cuts and quality grades of meat, how to shop wisely, and how to cook meats appropriately. Furthermore, it provided an opportunity to develop reasoning, decision-making, and teamwork skills. Each of the 3 Ward County teams earned a 1st place finish at the State Meat Contest in June. The senior age division will go on to compete at various national contests in Kansas, Colorado and Oklahoma in the fall and winter months.

4-H and Youth Development
Emily began working for Ward County on March 1st and, as all programs in the Ward County Extension office go, things have been moving quickly! She worked alongside Holly Arnold while talking to high school seniors at Mohall High School in April. The curriculum shared was called “Are You Ready?” and was about making the transition from high school to college.

Also in early April, Emily attended a conference in Asheville, North Carolina, the National Extension Conference on Volunteerism. Emily wrote plenty of notes and ideas to be shared with Ward County 4-H. Topics included how to work with teens, recruit...
Ward County Quarterly Program Highlights for April, May, and June, 2017
Extension Agents: Paige Brummond, Ellen Bjelland, Emily Goff, Holly Arnold, Trisha Jessen

volunteers and ways to show appreciation to those who donate their time.

Emily coordinated with Minot Park District a community service tree planting with 4-H youth and volunteers working alongside Kohl’s associates.

Preparation for Ward County 4-H Achievement Days and North Dakota State Fair consumed the rest of Emily’s time during the following months. Preparations included Communication Arts county and district Contests; livestock and horse practice days. Paige assisted with livestock practice days; and Holly judged for the county Communication Arts contest. Achievement Days held in Minot June 19th through 22nd included: Open Horse Show; Dog/Cat/Pet Shows; Static Exhibit Interview Judging; Beef/Goat/Sheep/Swine Shows; Rabbit/Poultry Shows; Ag Olympics; Awards Ceremony; Pee Wee Pig Show; and Livestock Premium Sale.

Parent Support
Holly facilitated 8 on-site parent support groups at New Hope, a residential addiction treatment center and 8 on-site parent support groups at Quentin Burdick Job Corps. 30 parents (unduplicated number—all numbers in remaining report are unduplicated) benefited from the programming.

Parent Education
Holly facilitated 5 sessions of Parenting the Love and Logic Way; 5 sessions of Active Parenting of Teens, 6 sessions (2 series, 1 in Berthold) of Active Parenting the First Five Years. Holly presented a program for the Minot Child Care Association and the Nurturing Parenting Program. Contracted PRC facilitators taught 5 sessions of Basic Beginnings; 2 sessions of Happiest Baby on the Block; and completed a series of twice monthly classes on-site at Minot Head Start. A total of 61 parents/caregivers attended the classes.

Prevent Child Abuse Grant
A Prevent Child Abuse grant was applied for and received to provide information and activities to promote healthy families and prevent child abuse and/or neglect during the month of April. Some of the activities were: “Welcome Baby Bags” presented to parents of new babies at Trinity Hospital; informational displays/booths were at several locations; informational/promotional packets were mailed to childcare providers in Ward County; coloring pages and poster contest information was provided to the Minot Public Schools Community Learning Centers.

Holly hosted the ND Parent Education Network/ND Department of Human Services Annual Meeting in May.

Holly assisted the 4H program with Ward County Achievement Days.
Ward County Quarterly Program Highlights for July, August, and September, 2017
Extension Agents: Paige Brummund, Ellen Bjelland, Emily Goff, Holly Arnold, Trisha Jessen

Field Visits and Crop Surveys
Paige Brummund conducted farmer field visits, tours, and sampling of a variety of crops for a multitude of surveys. Some of these included the National Sunflower Survey, the ND Wheat Midge Survey, the Soybean Cyst Nematode Program, the Swede Midge Survey, Pulse Crop Survey, and the Drought Stressed Forage Sampling Program. Paige works with the area crop and livestock producers to collect the samples and provide education on the topics once the results of the samples are analyzed.

Drought Management Assistance
The spring and summer of 2017 was the most severe ND drought since 2006. Paige assisted producers with developing drought management strategies to reduce the effects of drought on their operations. Some of the programs and services provided to crop and livestock producers included pasture management tours, water quality assessments, nitrate testing of annual forage crops, nutrient analysis of available feeds, and alternative feeds used in ration development. Additionally, crop inputs were analyzed for potential economic returns. Crop prices are low, and producers were relying on high yields in order to generate revenue. Yields varied across the county and by crop, but were generally lower than expected.

Weed Resistance
Paige participated in a tour sponsored by the ND Soybean Council to view first-hand the problems with herbicide resistant weeds (including Palmer Amaranth) near North Platte, Nebraska. Discussion on herbicide drift was also a focus of the tour. Weed control of herbicide resistant palmer amaranth has been a devastating problem in neighboring states agricultural businesses. In many instances, the weed has not been able to be controlled which has resulted in fields that cannot raise a profitable crop. NDSU is creating programming to educate about the perils of the spread of Palmer Amaranth to ND and to increase awareness of the problems concerning herbicide resistance. This image shows a soybean field treated with a $145/acre weed control program. ND producers cannot afford herbicide resistant palmer to become established in their fields.

Horticulture Programming
Ken Eraas joined the Ward County office for the summer months to assist with horticulture programming and related service requests. Ken made over 630 direct contacts with stakeholders and had thousands of indirect contacts through his regular presence in the media with news columns and social media posts. Paige and Ken collaborated with area Master Gardeners to plant a demonstration Pollinator Garden in Ward County. The garden was located along Burdick as part of the City of Minot’s Adopt-a-Lot program. The goal for this pollinator garden is to reverse the downward trend seen on pollinating insect populations throughout the nation. The garden was used as a teaching tool to inform the public about the importance of pollinators for the success of food production and to educate them on how to enhance pollinator habitat in their landscapes.

Kids Cooking Schools
Youth attending summer school at Washington Elementary and Perkett Elementary received hands-on food preparation and nutrition education. Trisha Jessen taught the On the Move to Better Health Kids Cooking School. Upper elementary students practiced measuring, knife skills, food safety, balancing a plate, and prepared several snacks and meals including: muffins, egg bakes, smoothies, and chili. A grant from the National 4-H Council/Walmart Foundation provided the 30 youth with a cookbook, apron, can opener, measuring spoons/cups, oven mitt and cutting board - allowing them to practice their new skills at home.

Radio City Park Summer Meals
Trisha held educational booths for families attending the Radio City Park summer food service program. At each visit, family mealtime and nutrition was discussed. The children were engaged with activities while the parents received low-cost recipes and information about nutrition and programs to help feed their family.
Healthy Cents
Trisha taught the Healthy Cents curriculum at four locations in Minot: Milton Young Towers and Henry Towers, public housing sites; Second Story, a center for people with developmental disabilities; and Harmony Center, a center for people with mental disabilities. The curriculum combines nutrition education and food resource management principles to encourage limited resource families to make healthy food choices on a limited budget. Participants enjoyed food demonstrations and earned kitchen incentive items.

After 50 Club
Ellen Bjelland presented to First Western Bank’s After 50 Club on August 28th. The topic was Avoiding Senior Scams; there was great participation from the audience of about 100.

Stepping On
Due to an overwhelming response to a recent news article, we filled two seven-week sessions of the Stepping On fall prevention program. The first one began on August 30 through October 11 with the second class slated to start on October 18. Ellen is a Master Trainer for this program.

Fitness and Nutrition
Surrey teacher Erica Fairchild asked Ellen to teach a series of classes in September for Fitness and Nutrition class. Ellen led the students through lessons related to food tracking, menu planning, and getting more fruits and vegetables in their diets.

4-H Activities
July was filled with various 4-H activities! These included the county Project Expo and Clothing Revue programs, preparing for the state consumer choices contest, and co-teaching at the You’re the Chef 4-H camp. Ellen also co-coordinated the State Clothing Revue for the second year as well as the Family Day booth held on Tuesday of the State Fair. In addition, she interview judged 4-H exhibits at Moutrain and Mercer counties as well as static exhibits at the State Fair.

Emily Goff chaired 4-H Camp Ultimate Survivor Camp in July with activities in geocaching and shelter building. During NDSF she helped with the horse, beef, and swine shows. Emily hosted Junior Master Gardener day camp at MAFB and a Photography day camp in August. During September Emily presented at Farm Safety Day in Fessenden on cyber bullying; and attended state Range Judging Contest.

Name Change
The ND Parent Education Network (NDPEN)-NDSU Extension Service has decided to add the word “family” and the specific region stated after. The name change aligns with the services that are provided by the regional centers. The Region 2 Parent Resource Center will now be known as: Parent and Family Resource Center | Region 2.

Parent Support
Holly Arnold facilitated 7 on-site parent support groups at New Hope, a residential addiction treatment center. 7 parents (unduplicated number—all numbers in remaining report are unduplicated) benefitted from the programming.

Parent Education
Holly taught two 4 hour sessions of Parents Forever (a program for separating or divorcing parents) with 6 parents attending the program.

Holly co-taught a 3 hour session of Basic Beginnings for Minot Head Start staff. Head Start has elected to use the Basic Beginnings curriculum, which was developed by NDSU Extension Service, as their basis for home visits. Four classes kicked off the new PFRC program year, which runs Oct. 1-Sept. 30: Active Parenting for Stepfamilies; Signing with Young Children; Parenting the Love and Logic Way; Nurturing Parenting Program.

Other
Holly assisted with NDSU Extension Service activities during Family Day at the ND State Fair and National Night Out.

Emily Goff chaired 4-H Camp Ultimate Survivor Camp in July with activities in geocaching and shelter building. During NDSF she helped with the horse, beef, and swine shows. Emily hosted Junior Master Gardener day camp at
Emily Goff says October is the recruiting stage of the new 4-H year, so Emily spent her time promoting 4-H through the National Youth Science Day Project ‘Incredible Wearables.’ She presented in three schools and three 4-H clubs in October and November; reaching 162 non-4-H and 45 current 4-H members. This project taught the basic principles of a trendy health monitor—much like a FitBit. Also in October was the 4th annual Drift Prairie Day held at the Upper Souris National Wildlife Refuge; 12 youth were in attendance, and one of them became a 4-H member after attending! In November, Ward County hosted Multi-County Activity; 205 youth attendees and 29 presenters came from 13 different counties in North Dakota (one-quarter of the state!). We facilitated two 4-H eForums; these were great opportunities for 4-H leaders to network and learn with other 4-H leaders and personnel across the nation. Holly, Emily, Paige, Shirrell, Laura, and Ellen assisted with 4H Activity Day.

Stepping On
Ellen Bjelland facilitated two Stepping On classes at the Parker Center in cooperation with Minot Commission on Aging, Lutheran Social Services and First District Health Unit. A total of 29 completed the seven-week class focused on fall prevention.

Ellen taught a session on budgeting for the $MRTZ program held in October. This is a program for high school seniors and discusses various financial literacy topics; 375 students from area schools participated.

Ellen taught the following classes in the three-month period: 1) A four-session class on health topics for a Surrey health and fitness class; 2) Three lessons for residents of Milton Young Towers; 3) A heritage art for the Multi-County 4-H Activity; 4) A lesson on caregiving for AARP of North Dakota – about 100 attended and several wanted more information on the Powerful Tools for Caregiving program; and, 5) A lesson on manners for young people participating in Marketplace for Kids, an entrepreneurship program.

Wheat Midge Soil Sampling
Ward County is a hot spot for the wheat midge, an insect pest that can substantially impact quality wheat production and yields. Paige conducts soil samples across the county to be analyzed for economically significant levels of wheat midge. Farmers in areas of high wheat midge populations may need to consider treatment for this insect next growing season.

Crop Marketing Decision Meetings
Paige collaborates with other Extension offices in the NW region of the state to provide an annual program for farmer and ag industry professionals. This year’s program focused on marketing topics to assist producers with staying profitable in times of low commodity prices and high input costs. A separate program was held in November to educate both farmers and tax professionals on the upcoming changes to be aware of for ag businesses.

Beef Background Program
Paige met with area beef producers to discuss production goals and profitable options for backgrounding beef calves. Producers were able to have one-on-one assistance with building a low-cost ration that will meet the calves nutritional requirements and daily gain goals using a software program CowBytes.

Dakota Cattle Conference
Paige collaborated with neighboring counties and local businesses to organize and host the Dakota Cattle conference in Minot. Over 150 ranchers, industry professionals, and business owners participated in the two-day event following the Heartland Ag Showcase. Some of the topics included Drought Challenges and Mitigation, Wintering Cows with Limited Resources, Market Trends and Influences, and Improving Your Stockmanship.
Drought Stressed Forage Sampling Program
Paige sampled drought stressed annual forages for producers across the county. The samples will be evaluated to determine factors contributing to variation in quality of forages. Paige works with producers to develop rations for livestock herds and will use the results of the samples from individual producers to assist with livestock husbandry and winter management of their cow herds.

Parent Support

Holly Arnold facilitated six on-site parent support groups at New Hope, a residential addiction treatment center and four on-site parent support groups at Quentin Burdick Job Corps. 31 parents benefited from the programming.

Parent Education

Holly facilitated one session of Parenting the First Five Years and four sessions of Active Parenting of Teens. Contracted PRC facilitators taught six sessions of The Nurtured Heart Approach, eight sessions of Signing with Young Children and two sessions of Happiest Baby on the Block. A total of 42 parents attended the classes.

Conferences/Training

Ellen participated in some excellent professional development this quarter. She was elected Central Region Director of the National Extension Association of Family and Consumer Sciences at their national meeting in Omaha, NE.

2nd Grade Nutrition Education – On the Move to Better Health Junior

Trisha Jessen taught the On the Move Junior program to four 2nd grade classrooms. This is a five-week curriculum based on MyPlate, the icon for nutrition, and includes children's story books and hands-on activities. The curriculum aims to improve the variety of healthy foods that children consume, especially the amount of fruits and vegetables. It also aims to improve fitness habits. Parents receive newsletters and participate in goal setting and other family-based activities.

Cooking is a SNAP for Adults

Cooking is a SNAP is a practice-based curriculum proven to increase fruit and vegetable consumption, increase confidence to shop for and purchase healthier foods, increase confidence to plan and prepare meals at home, and increase daily physical activity. Trisha teaches the 2-hour sessions every other week at Milton Young Towers, a public housing facility.

Healthy Cents for Adult

Trisha continues to teach the Healthy Cents curriculum at four locations in Minot: Henry Towers and Milton Towers, public housing sites; Second Story, a center for people with developmental disabilities; and Harmony Center, a center for people with mental disabilities. The curriculum combines nutrition education and food resource management principles to encourage limited resource families to make healthy food choices on a limited budget. Participants enjoy food demonstrations and earn kitchen incentive items.