



EXTENSION UPDATE

Community Champions Collaborate for Food Waste Prevention Efforts in April



by Jen Werlin
Extension Educator in Community Food Systems
University of Idaho Extension, Teton County
Driggs, Idaho (March 20, 2024)

Did you know the average household loses upwards of \$1,600 annually by throwing away uneaten food, yet one in five people lack consistent access to nutritious food?

Nearly 40% of food in the United States goes uneaten, leading to wasted resources and significant environmental damage from decomposing food and trash that release methane, a greenhouse gas 30 times more damaging than carbon dioxide. With a collective mission to prevent food waste, Teton Valley nonprofit organizations and community champions are partnering during Food Waste Prevention Week, April 1-7, 2024. Joining with over 600 organizations across the United States, Teton Food and Farm Coalition partner organizations are collaborating for a series of events and educational efforts throughout the month of April. Food Waste Prevention Week is a national program that was originally started by a teacher in Florida who did a cafeteria food waste audit. The campaign’s efforts showcase that the average American can help tackle food waste with a few simple steps.

Drawn together by the Teton Food and Farm Coalition, this year’s partners include the Community Resource Center of Teton Valley’s Food for Good Program, University of Idaho Extension’s Teton County 4-H and Master Gardener Programs, Mountain Roots Education, Rendezvous Upper Elementary School (RUES), Learning Academy of Teton Valley, Mountain Academy of Teton Science Schools, Teton Valley Food Pantry, Valley of the Tetons Library, Seniors West of

the Tetons, Teton Valley Community Recycling, RAD Curbside, 460 Bread, and Roadhouse Brewery. Led by community champion and parent-volunteer Iris Saxer, RUES will kick off the community-wide efforts with a food waste audit of school breakfasts and lunches April 1-5th. Volunteers will coordinate the collection, sorting, and weighing of food and beverage waste. Data will be collected by day, grade, and weight and analyzed by students. Compostable food scraps will be collected for school garden programs. Curated food waste suitable for livestock such as pigs or chickens can also be collected if a farmer partner wants to become involved. Additional food waste audits will be conducted throughout the month at the Learning Academy of Teton Valley, Mountain Academy, and the Seniors West of the Tetons.

Other regional happenings include a “Bread-to-Tap” event at Roadhouse Brewery Pub and Eatery in Jackson. 460 Bread and Roadhouse are partnering to brew beer made from bread waste. Brewing began on March 8th with anticipation that the beer will be on tap at Roadhouse the first week of April. A portion of proceeds from the Bread-to-Tap Brew will be donated to Teton Valley Food Pantry.

Throughout April, the importance of preventing food waste will be highlighted, including solutions to prevent food waste, helping to reduce food insecurity and environmental damage. A youth art contest will be held with area schools

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and 4-H, with local winners of the contest showcased at the community-wide Earth Day celebration at the Teton County Fairgrounds on April 20th. Composting demonstrations and results of the food waste audits will be showcased at the Earth Day celebration. From social media educational campaigns, art contests, webinars, and service opportunities to teaching resources, in-person events, and more, Food Waste Prevention Week 2024 offers a way for everyone to get involved in promoting food waste awareness and education.

Simple Steps to Reduce Food Waste at home:

- Save leftovers and store/freeze food in portion-ready containers
- Cook and serve only what is needed for that meal
- Menu plan and stick to shopping lists
- Buy smaller quantities
- Don't shop hungry
- Share excess with others
- Compost and/or feed food scraps to livestock

Local organizations and individuals who would like to help can contact Jennifer Werlin, UI Extension Educator in Teton County at jwerlin@uidaho.edu or 208-776-8235.

Learn more about the nationwide Food Waste Prevention Week efforts at <https://www.foodwastepreventionweek.com>.

About the Teton Food and Farm Coalition:

Our mission is to strengthen the Teton-area food system (Jackson Hole and Teton Valley). Working with nonprofit organizations, farmers/ranchers, governments, businesses, and community volunteers, we educate the community and coordinate local food system efforts in the Teton foodshed. Our vision is to have a strong local food system supporting a vibrant, healthy, and resilient community. Our meetings are facilitated by the University of Idaho Extension, Teton County and are typically held over the lunch hour via Zoom on the 4th Wednesday of each month between October and May. Learn more at www.tetonfoodfarmcoalition.org.

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending our program(s) that requires auxiliary aids or services should contact teton@uidaho.edu or 208-776-8235 at least two weeks prior to the event.



- Stop by University of Idaho Extension, Teton County 4-H, Master Gardener booth.
- Watch the 4-H STEAM Cloverbud (Youth 5-7) play, written and produced by Teton County 4-H S.T.E.A.M. Club (Youth 8-18).
- Check out the interactive booths.
- Support local non-profits.
- Have Fun!



COLORFUL QUESADILLA☆☆☆☆☆

This recipe can be customized by adding your favorite vegetables.

Course Dinner, Lunch, Main Course, Vegetable	Prep Time 20 minutes	Servings 16	Calories 110kcal
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EQUIPMENT

- 1 Sharp knife
- 1 cutting board
- 1 Small bowl
- 1 Butter knife
- 1 Skillet
- 1 Spatula/Turner



INGREDIENTS

- 8 whole wheat tortillas
- 1 cup low-fat cheddar cheese, shredded
- 1 cup spinach, fresh
- 1 cup red bell pepper diced
- 8 ounces Cream Cheese, low-fat
- 1/4 tsp garlic powder

INSTRUCTIONS

1. Wash hands.
2. Wash spinach and chop, if desired. Wash bell pepper before dicing.
3. In a small bowl, mix the cream cheese and garlic powder.
4. Spread the cream cheese mixture evenly on each tortilla. On half of each tortilla, sprinkle 2 Tablespoons of the bell pepper and 2 Tablespoons of shredded cheese. Add 1/4 cup of the spinach to each and fold tortillas in half.
5. Heat a skillet over medium heat until hot. Place a folded tortilla in the skillet and heat until golden brown on both sides. Repeat with remaining tortillas.
6. While still hot, cut each tortilla into halves and enjoy!



Online Fitness Classes University of Idaho Extension



Fitness Made Simple! Thursdays, 10:00-11:00AM MST

Chair-based seated and standing toning/strengthening exercises. Use of hand weights, resistance bands, and/or exercise balls optional. Modifiable for a variety of fitness levels.

Join Zoom Meeting: <https://uidaho.zoom.us/j/85143098244>
Meeting ID: 851 4309 8244
Passcode: 693155

Suggested Equipment
Resistance bands
1-6-pound weights
7-9-inch exercise ball

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Reasonable accommodations will be made for persons with disabilities and special needs who contact Laura Sant at least two weeks prior to the event at 561 W Oneida, Preston, ID 83263; 208-852-1097; lsant@uidaho.edu.



WHY YOUTH MENTAL HEALTH FIRST AID?

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18

WHEN: May 18, 2024 from 9:30 am - 3:00 pm MT

CLASS FORMAT: Blended Includes

- 2-hour, self-paced, online course
- 4.5 to 5.5 -hour, instructor-led video conference training

COST: Free

FOR MORE INFO OR TO REGISTER: Contact
Laura Sant at 208-852-1097 or lsant@uidaho.edu

- WHO SHOULD KNOW MENTAL HEALTH FIRST AID?**
- Teachers
 - School Staff
 - Coaches
 - Camp Counselors
 - Youth Group Leaders
 - Parents
 - Adults who Work with Youth



Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Laura L. Sant at 561 West Oneida, Preston, Idaho 83263, or call (208) 852-1097.

*The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws.



Cook along with us to make two tasty recipes each month! You'll master food safety, cooking, & nutrition all while having fun! **adult supervision required*

SPRING 2024 DATES ARE HERE!!!

- Jan. 25 – Asian
 - Feb. 22 – Irish
 - Mar. 28 – Mexican
 - Apr. 25 – Hawaiian
 - May 23 – British
- 5:30-7:30 PM MT on Zoom
- Take a trip around the world with us!



Registration required at: <https://bit.ly/kidscook24>

FOOD WASTE

| A PROBLEM EVERYONE CAN HELP SOLVE |

WHAT IS FOOD WASTE?

Food waste occurs when food is uneaten and thrown away.

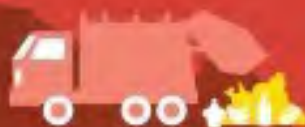
The United Nations Food and Agriculture Organization (FAO) estimates that about **one-third** of all food produced in the world each year is **wasted**.



According to the nonprofit group ReFED, in the U.S. alone, food waste consumes about **21%** of all fresh water and **18%** of available cropland space each year.



A 2017 report from the Natural Resources Defense Council (NRDC) states that the number of calories wasted in the United States each year could, in theory, fully feed about **150,000,000** people.



Food is the **number-one** material sent to landfills in the United States, ahead of plastics and paper products.



Food waste occurs at all points in the **supply chain**, but according to ReFED, most food waste occurs in the home (43% by weight), with restaurants and grocery stores (40%) a close second; about 16% of food waste occurs on farms, and about 2% occurs in processing and distribution.

TIPS FOR REDUCING FOOD WASTE IN THE HOME



Keep track of what's in your refrigerator and cupboards to avoid buying food items you already have.

Plan your weekly meals before shopping to avoid buying items you might not eat.



Choose "imperfect" fruits and vegetables that others might overlook due to their appearance.

Another option is to **donate any extra food** to feed hungry people through food banks or shelters.



Research the best ways to store perishable food items to ensure they stay fresh for as long as possible; the United States Department of Agriculture has even developed an app called the FoodKeeper to help (<https://www.foodsafety.gov/keep-food-safe/foodkeeper-app>), and food storage tips can also be found at <https://savethefood.com>.



Learn how to interpret food product dating a significant amount of household food waste occurs because consumers throw out "expired" food that is still edible.

Using food scraps to feed animals is also a strategy to ensure food doesn't go to waste.



If all else fails, food waste for **composting** or for **industrial purposes** should also be considered before placing waste in a landfill, or incinerating it.



Young People Want Guidance From Adults On Use Of AI Tools, Says First-Of-Its-Kind Survey From National 4-H Council

By National 4-H Council • February 28, 2024



WASHINGTON, DC (February 29, 2024) – **National 4-H Council** today released a **survey** that explores young people's knowledge and use of artificial intelligence (AI) technology, specifically generative AI tools such as ChatGPT. The survey shows that while most young people (66%) express at least some understanding of what generative AI is and how it can be used, many kids (72%) are also seeking support from adults in learning how to use these tools correctly and with confidence.

The survey, the first of its kind to include responses from both tweens and teenagers (ages 9-17), also finds that young people are broadly optimistic about the potential of generative AI for their education and careers. A strong majority of respondents (64%) agreed that generative AI will help them learn things that they will need to know in their future careers, and 58% said it would help them improve how they learn at school. However, respondents also have concerns about AI, including how the technology could be used for cheating (61%) or to expose private information about them (53%).

The survey, which included 1,510 children ages 9-17, was fielded from November 5-16, 2023 by Hart Research and supported by Microsoft.

"As America's largest youth development organization, 4-H has an important role to play in educating youth about generative AI. Preparing young people for the workforce of the future means ensuring that they have a solid understanding of these new technologies that are reshaping our world," said **Jill Bramble, President and CEO of National 4-H Council**. "We are focused on meeting this need through educational content on CLOVER, our new digital learning platform, and through 4-H's Cooperative Extension in-person programs."

Additional findings from the survey include:

- **Most kids say they know something about generative AI, but this knowledge is limited.** Among all youth surveyed, 34% said they know "a great deal" or "a fair amount" about generative AI, while an equal number said they know "very little" or "nothing at all." 32% said they know at least some about generative AI.
- **Kids want adults involved in learning how to use and engage with the AI tools they have used or might use in their lives.** Over seven in 10 kids (72%) that use AI would like at least some help from adults in learning how to use different tools. This number was particularly high among younger children (84% of 9-12 year olds, compared to 63% of 13-17 year olds.)
- **Young people involved in 4-H are particularly likely to have used generative AI.** 60% of 4-Hers say they have used generative AI tools like ChatGPT, compared to 50% of all boys and 44% of all girls. This marks one of the highest totals among all sub-groups measured.
- **There are notable differences regarding generative AI understanding and use along demographic lines:**
 - ⇒ In terms of race and ethnicity, Black and Latino kids (74% and 67%) are more likely than White kids (60%) to see the positive impact of AI on their education and career.
 - ⇒ High school boys are the most likely to express a strong understanding of generative AI (43%), while girls in elementary school are the least likely (22%).
 - ⇒ While 38% of urban kids and 36% of suburban kids say they know a great deal or fair amount about generative AI, that number drops to 28% among rural children.

"Like with any new technology, we need to educate, empower and equip young people with the necessary skills to use generative AI in a responsible way," said **Courtney Gregoire, Chief Digital Safety Officer at Microsoft**. "4-H's findings help us all understand how youth are using these new tools. We welcome these insights as we continue to evolve our approach and provide additional resources to those who need them."

The survey was designed and reviewed in a process involving experts from 4-H and University of California-Irvine. The survey was preceded by ten cognitive interviews with children within the target age group in October 2023 to test and refine the survey instrument. Children ages 9-12 were recruited exclusively through invitations sent initially to their parents or caregivers asking permission for them to participate. Children ages 13-17 were recruited directly.

To help children, educators and caregivers navigate conversations around generative AI, Microsoft recently released two new resources: a [Family Safety Toolkit](#), which provides tips to caregivers on how to have conversations with children about generative AI, and a [Classroom Toolkit](#), to equip educators with instructional information to create an immersive and effective learning experience with generative AI for students aged 13-15 years. Scan the QR code for more information.



MAKE THRIVE GROW SERVE

ARE YOU A 4-H MEMBER, ALUMNI, PARENT, VOLUNTEER OR STAFF MEMBER?

ENROLL IN OUR DISCOUNT PROGRAM TODAY!

4-H LANDING PG



JOANN  

LEARN MORE ABOUT OUR PARTNERSHIP!

HOW JOANN HELPS

- GIVING INITIATIVES 
- PRODUCT CONTRIBUTIONS 
- DISCOUNT PROGRAMS FOR MEMBERS 
- DONATIONS OF 50¢/YD FOR ALL 4-H FABRIC PURCHASES 





JOANN  

JOANN 4-H Campaign

March 3, 2024 - May 4, 2024



JOANN Fabrics customers across the nation can help inspire a child's creativity by donating to 4-H at checkout when shopping in-stores from March 3 – May 4.

4-H members, alumni, parents of members, volunteers and 4-H staff can save 15% off total in-store and online purchases every day with 4-H Rewards, plus JOANN gives 2.5% of sales back to National 4-H Council from the JOANN 4-H Rewards Card, and \$0.50 for every yard purchased of custom 4-H fabric.

Learn more at joann.com/4h

4-H & TSC

TRACTOR SUPPLY CO. PROUDLY SUPPORTS CREATING OPPORTUNITY FOR ALL KIDS




OUR PARTNERSHIP

Tractor Supply proudly began our partnership with 4-H in 2010 and we have since helped raise over \$14 million through our Paper Clover fundraisers. The success of these campaigns has impacted over 69,000 students by providing them with hands-on learning experiences through projects in STEM, agriculture, healthy living, and civic engagement.

100% of funds raised through our two Paper Clover fundraisers directly benefit 4-H and the kids and teens they work with - 90% of donations directly support 4-H youth in the state it was raised, and the remaining 10% supports national 4-H programming.



GET. THINGS. DONE.

Serve as a 4-H AmeriCorps Positive Youth Development Youth Instructor In your community!

Deliver hands-on S.T.E.A.M. education to Idaho's youth. Serve as a positive role model while networking and gaining professional development!

Benefits

Quarter-Time Living Allowance:
\$6,000.00

Segal Education Award:
\$1,956.35

Service Term:
May - August 2024 (450 hours)



For more information, Contact
Natasha Tienhaara at
ntienhaara@uidaho.edu or
(208) 454-7614

Apply Now!

<https://forms.office.com/r/Ruy8EAwB1j>



serve
IDAHO

The Governor's Commission on
Service and Volunteerism

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Idaho States' 4H International Exchange Program

Host a summer exchange student!

July 21st - August 19th

Enhance your families global citizenship through a high quality exchange program! Make an international friend this summer and show them what makes your family and Idaho unique!

- Ages 9-17
- 4H and non 4H families welcome!
- Student bios are available!

4 student have already been placed! Don't wait!



For more information contact:
 Tami Crowley: tcrowley@uidaho.edu
 (801) 391-8764
 Courtney Reimers: creimers@uidaho.edu

Apply to be a host:
www.states4hexchange.org/apply/host

Host an International Student all year

August - June

The Basics

- This program is for anyone who wants to welcome a high school student into their family!
- Students are enrolled in a public highschool for a full academic year.
- Students are from Japan and Korea

For more information about AYP and student bios contact:
Tami Crowley
tcrowley@uidaho.edu or 801-391-8764

Idaho States' 4-H (AYP) Academic Year Program
www.states4hexchang.org/host/academic-year



STAC

SAVE THE DATE

2024

THE THROUGH DECADES

WITH 4-H

June 24-27, 2024

University of Idaho
Extension

STAC "STATE TEEN ASSOCIATION CONVENTION"
REGISTRATION OPENS APRIL 19 IN ZSUITE

THE STATE 4-H TEAM NEEDS YOUR HELP!



Please share your 4-H stories so we can share them with state stakeholders and partners. *"A 4-H story describes the positive impact of personal growth and success that 4-H involvement has had on a youth person's life."* It will only take a minute!

Click on the link below and answer a few brief questions.
Thank you!

4-H Stories link:

https://uidaho.co1.qualtrics.com/jfe/form/SV_dj833zOuYSqELAO



**2024 4-H/FFA
Southeast Idaho
Beef Judging Clinic
and Contest**



Friday, April 19th

At Dirk and Marnie Johnson's Sale Barn
2055 Ivins Rd.
Bancroft, ID

Schedule

10:00 a.m. - 10:30 a.m. - Livestock Judging Education
10:40 a.m. - 11:00 a.m. - Judging Practice
11:00 a.m. - 12:00 p.m. - Judging Contest
12:00 p.m. - 12:30 p.m. - Lunch
12:30 p.m. - Announce Winners

Please RSVP by calling
Caribou County Extension
(208) 547-3205

The top three in each age
division will receive prize
money!

1st place - \$100
2nd place - \$50
3rd place - \$25

We will have an adult class!

1st place - \$50
2nd place - \$25

This event is intended for all youth and parents who are involved in the market animal program (regardless of what species you show).

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



MAY 4, 2024 **9:00AM-12:30 PM**
POULTRY JUDGE & LEADER TRAINING
JEFFERSON COUNTY FAIRGROUNDS

\$10 PER PERSON FREE TO ENROLLED 4-H & FFA YOUTH 15+

ABOUT THE INSTRUCTOR, JIM ADKINS

Jim Adkins' interest in poultry began when he was a young man, raising and exhibiting poultry for 4-H in southwest Washington State. In 1994, he received his poultry judging license from the American Poultry Association, which took him to more than 30 states, Canada, and Australia to judge standard-bred poultry. Due to the popular demand for old heirloom breeds of standard-bred poultry, he founded the Sustainable Poultry Network USA in 2010 (www.spnusa.com).

For the past 35 years, Jim has not only raised over 50 breeds and varieties of standard-bred poultry (including chickens, ducks, geese, and turkeys) but has also been an influential teacher in the field. He has conducted poultry field days and workshops throughout the United States and other countries. He continues to travel the country, speaking, instructing, coaching, and mentoring poultry enthusiasts.

AVAILABLE TO ADULTS AND YOUTH 15+

SESSION #1 - INTRODUCTION TO STANDARD BRED POULTRY

- Introduction of the Standard of Perfection and a history of exhibition poultry in North America (foundational to the training)
- The differences between commercial, hybrid & standard-bred poultry

SESSION #2 - HANDLING & SELECTING STANDARD BRED POULTRY

- Proper handling of poultry in & out of the cage & how to inspect a bird
- Difference between defects & disqualifications, and the process of judging for type, color & condition
- The different judging systems such as the Danish system, the scale of points & how to properly place the top birds

SESSION #3 & #4 - UNDERSTANDING THE JUDGING PROCESS & TECHNIQUES

- How to properly approach the showroom (includes club shows, 4-H/FFA competitions, county & state fairs)
- How to begin judging a class working through process of elimination to identify top birds
- How to judge commercial & hybrid poultry
- How to give explanations for placings & understand proper etiquette (dealing with difficult people, disabled people, addressing opposite sex & proper judge dress code)

SESSION #5 - INTRODUCTION TO POULTRY SHOWMANSHIP

- Different ways to judge poultry showmanship & many rules that vary from state to state and how to approach each state accordingly
- Skills to interact with both the participants & the crowd/public watching the contest

12:30 pm — Hamburger/Hot Dog Lunch: \$5

Questions?

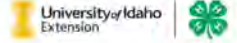
Contact the Madison County Extension office at 208-356-3191 or at madison@uidaho.edu

To Register

Scan the QR code below, or contact the Madison County Extension office



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MAY 4, 2024 **1:00 - 3:00 PM**
4-H SHOWMANSHIP CLINIC
JEFFERSON COUNTY FAIRGROUNDS

\$5 PER PERSON FREE TO ENROLLED 4-H & FFA YOUTH 8+

Get ready for an awesome clinic where you will become an expert on showing your animal. Learn the finer points of showmanship etiquette as well as tips to help you and your animal stand out in competitions. Don't miss this opportunity to ask questions, and learn from an expert while enhancing your showmanship abilities!

12:30 pm — Hamburger/Hot Dog Lunch: \$5

1-3 pm SHOWMANSHIP CLINIC
AVAILABLE TO YOUTH 8+

Don't forget to bring your bird, because in this class you will learn,

- The parts of your bird.
- The basics of handling a chicken (or duck or turkey)
- The expectations of judges.

ABOUT THE INSTRUCTOR, JIM ADKINS

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To Register

Scan the QR code below, or contact the Madison County Extension office



Questions?

Contact the Madison County Extension office at 208-356-3191 or at madison@uidaho.edu

The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending this program that requires auxiliary aids or services should contact the Center for Disability Access and Resources (CDAR) at 208-885-6237 or at cdar@uidaho.edu at least two weeks prior to the event.



4-H DAIRY WORKSHOP
MAY 4, 9 AM-NOON

Join UI Extension for a free 4-H dairy workshop in Idaho Falls on May 4. Learn about skill-a-thon, fitting and showmanship, judging dairy animals and finding project animals.

RSVP: [BUTTE@UIDAHO.EDU](mailto:butte@uidaho.edu) OR [BONNEVILLE@UIDAHO.EDU](mailto:bonneville@uidaho.edu)

BONNEVILLE COUNTY FAIRGROUNDS
542 E 73RD S, IDAHO FALLS



Anyone attending this program that requires auxiliary aids or services should contact David Callister by April 20 at (208) 527-8587 or butte@uidaho.edu. The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



Eastern District 4-H
Teen Association
Retreat

April 19-21

Sign up on Zsuite's under Events before April 5th

STEM Activities

Wisdom begins in Wonder

Ages 13-18

\$40 registration Fee

CONNECT! Meet 4-H Teens from the whole district. Experience more of what 4-H offers!

Archer Old School
Archer, Idaho

BUILD! Leadership & Communications Skills, Involvement, Resume builders

This retreat is planned and facilitated by Eastern District 4-H Teen Association . We can't wait to see you there!

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact the Fremont County Extension Office at 19 W 1st N, St. Anthony, or call 208-624-3102 by April 1, 2024

Paid Internship Available!

University of Idaho Extension, Teton County



4-H & Community Food Systems Summer 2024 Internship

Work Dates: Mid May - Early August
Monday-Friday, 8am-5pm

*Some limited evening and weekend hours may be required.
Position is full-time for 8-10 weeks; competitive pay DOE.*

Primary Responsibilities:

- Assist with 4-H youth day camps and club activities and county fair.
- Coordinate food-systems/agriculture/environmental education related youth development programs.
- Assist with Teton Food and Farm Coalition and other food system activities.

For more information on how to apply:

<https://www.tetoncountyyidaho.gov/jobs.php>

Application Deadline: May 15, 2024 or until position is filled.

Required to apply: Completed a minimum of one semester (12 Credits) at an Idaho public university or an Idaho public university college student and currently enrolled for the next semester.

Supervisor:

Jennifer Werlin,
Community Food Systems
Extension Educator in Teton County,
208-776-8235, jwerlin@uidaho.edu



University of Idaho
Extension
Teton County

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By Tammy Sachse

4-H Teton Livestock Club hosted a livestock skill-a-thon at the fairgrounds on March 4, 2024. Due to the bad weather many families were not able to attend, but for the ones that did brave the storm, fun was had by all. Skill-a-thons are designed for hands on learning while learning to problem solve and work as a team member. It was great for kids in different clubs to interact, work as team members and see older youth helping younger members.

Learning Stations

- 4-H Pledge and 4-H knowledge: It's important that all 4-H youth know the 4-H pledge and what it means. If you stay in 4-H very long it will become something that you can use to become a better person. "I Pledge my Head to clearer thinking, my Heart to greater loyalty, my Hands to larger service, and my Health to better living for my club, my community, my county and my world." As leaders we feel that it's important for youth to have knowledge about 4-H. Examples are: What do the colors green and white stand for? What year did 4-H start? Who is the Extension Educator for our county? And more.



- Breeds: It's important for youth to know the breeds of their project. It's important to know where their breed originated and how we use

them today. Every breed can offer something different to youth depending on how they are using that breed. Some breeds are better for milking ability, mothering traits, larger litters, better marbling in meat, calmer, faster maturing, while some breeds are known for more meat. Youth would pick breeds for projects depending on if they are doing breeding, dairy or market projects.



- Parts: Parts of the animal are very important to learn. This is one question that livestock judges usually ask at a show. Kids would then point out that part of the animal to the judge. Judges might also ask what the youth likes about that part of their animal or what they might change about that part. When picking a project for 4-H and fair kids need to know about width of loin, twist and chest, correct slope of the shoulder, is the neck of animal too fat, is the animal's underline straight or is udder good for breeding. To answer these questions youth would need to know the parts of their animal. If an animal is injured it is very important to tell the veterinarian where the injury is located.
- Meat Tasting: At the fair we sell five different species of animals and some members have not tasted meat from their species. We filled crock pots with leg of lamb, leg of goat, beef rump roast and pork roast.

We had members taste from each crock pot and asked them to identify the species of meat that they were eating. The kids learned that they do like lamb and goat, as it is a meat that most people don't eat a lot of. It should be a talking point when youth are inviting buyers to the 4-H/FFA Jr. Livestock sale to say "I'm raising a lamb and lamb meat is really good."

- Price is Right: The "Price is Right" station was for youth to learn about products and the prices of those items needed for their livestock project. Parents often purchase equipment and members don't realize how much they are spending on their projects. Beef kids learned that it's going to cost about \$80.00 for a show halter. Noramectin (worming medication) is \$35.00 a bottle. The game had items anywhere from \$2.99 up to \$539.00 and these are expenses on top of the purchase of their animal. The game also taught youth that these expenses need to be listed in their record books.
- Meat Judging: This station was to help kids learn to identify species, cuts of meat, by size, shape, color, bones and more. Youth judged pork chops, lamb loin, goat loin, and beef rib steaks. Youth learned how to fill out judging cards while using their decision-making skills to place the classes. Judging is a great way for youth to learn communication skills by explaining why they judged the class the way they did. Livestock judging may give youth an opportunity at college on scholarship programs. Judging is also a life skill used in everyday activities.

Kids voted for their favorite, easiest and most learned station. We also ask for new ideas for stations. We want to thank all the leaders and parents that helped put this on, it takes an army. Also, thanks to Mistie Hansen, Chandler Sachse, Regina Beard, and McKenna Beard for donating the meat and cooking it. One leader said that we should do this every month. A parent who purchased a goat at the 4-H/FFA Jr. Livestock sale in 2023, tried the goat and was surprised how good it was. Now she is planning to use that goat for family meals.



Annual 4-H Scholarship Fundraising Picnic

Mark your calendars for May 6, 2024 5:30-7:30 PM

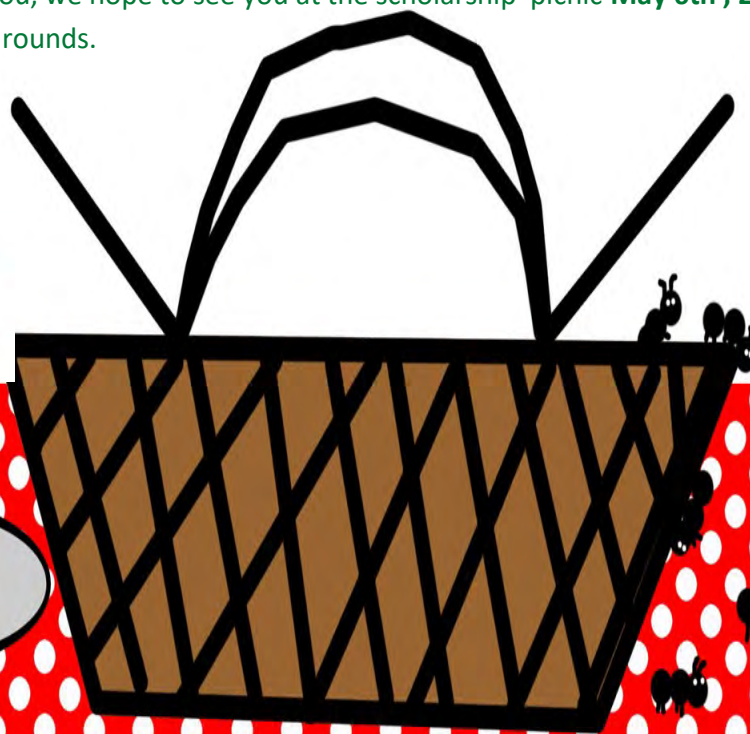
The annual 4-H family-friendly fun tradition is back. What an awesome way to kick off 4-H summer. All Teton County 4-H clubs are asked to bring a “gift” basket to contribute to the silent auction. In the past dinner guests have enjoyed bidding on pretty awesome club baskets. All 4-H clubs should start planning their “gift” baskets. What will your clubs basket theme be? What items will make up your clubs basket? How will you market your clubs gift basket to real in the highest bidder?

4-H Parents, youth and friends, are encouraged to bring a special homemade dessert for the dessert auction. What a great way to show off Grandma’s favorite pie recipe!

All 4-H members are asked to sell tickets to the event. Tickets will be sent to 4-H families the first week of April via USPS (Check your mail and PO boxes). Tickets for the dinner and entry into the event are priced for (immediate) family \$40.00 and \$15.00 for a single ticket.

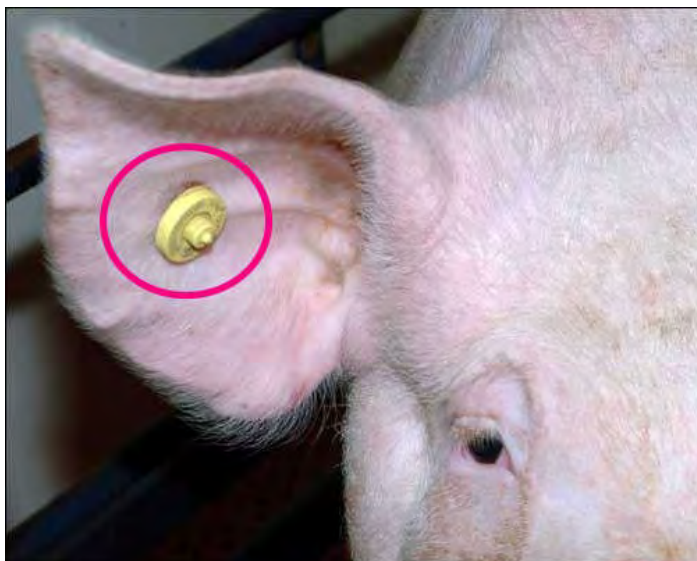
Guests will have the opportunity to place bids on the silent auction “gift” baskets. The dessert auction will be hosted live so stick around and visit after dinner!

Proceeds from this fundraiser are dedicated to the 4-H Scholarship Fund. In the last 15 years , Teton County 4-H has awarded \$42,500.00 to 49 4-H members. We are so proud. We couldn’t have done it without the 4-H youth, parents, leaders, community, and friends of 4-H! Thank you, we hope to see you at the scholarship picnic **May 6th , 2024**, at the Teton County Fair Grounds.



Teton County Swine Weigh-In and Tagging

April 29th 4-6pm Teton County Fair Grounds.



Remember to bring your filled out bill of sale with club members name on it. Pigs must weigh 230 lbs. at final weigh-in to sell at the 4-H/FFA Jr. Livestock Sale at Teton County Fair.

4-H CALENDAR

April

26-STEAM DAY CAMP- 10-3 pm

29-Swine Weigh-In 4-6 pm Fairground

May

6- 4-H Scholarship Fundraising Dinner
6-8pm Fair Grounds

9-Horse, Rabbit, Dog, Poultry, Breeding
Paperwork Due by 4pm

28- Lamb/Goat Weigh-In 4-6pm Fair-
grounds

June

3,10,17,24-Record Book Help 10-Noon

7, 21 &28- ABC 4-H Friday

12-14-Alpine 4-H Camp, Alpine WY.

July

1,8,15,22- Record Book Help 10-Noon

Alpine Horse Camp To Be Announced

12, 19 & 26- ABC 4-H Friday

August

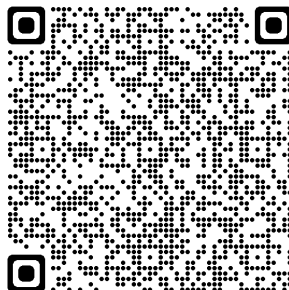
2- ABC 4-H Friday

Teton County Fair August 5th-10th

Need Record Book Help?

If your kids need help getting their record books started or are unsure of where to list things once they have started, we can help. Join us for a record book clinic on Monday, June 3, 10, 17, 24 and July 1, 8, 15, 22 from 10am-noon and we can help. Make sure the 4-H'er brings their Zsuite log-in information. Make sure you bring all needed club and project information with you so we can help you catch up or finish each section. Remember all youth must complete an involvement report. Call us at 208-776-8235 if you have question or if Mondays don't work for you.

Scan QR code for tips.



TETON COUNTY

EXTENSION UPDATE

UPCOMING EVENTS

TETON FOOD AND FARM COALITION MEETING

4th Wednesday of Every Month, 12-1pm via Zoom

Register for Zoom Meetings: WWW.tetonfoodfarmcoalition.org

UI EXTENSION SHEEP AND GOAT MONTHLY WEBINARS

UI Extension offers webinars on sheep and goat topics . Follow them on Facebook @UISheepandGoats for the current schedule of topics

FOOD WASTE PREVENTION WEEK

April 1-5

During the **week of April 1-5** (right after spring break), a group of parents/non-profits will be celebrating Food Waste Prevention Week, a national program that was originally started by a teacher in Florida doing a cafeteria food waste audit. The local library, 4H, food rescues, and private schools will all be participating.



At RUES, we will be doing a school **Food Waste Audit during breakfast and lunch in the cafeteria each day of April 1-5**. At this time we'll be collecting, sorting, and weighing various types of food and beverage waste. This data will be collected by day, by grade, by type, and by weight and/or volume. (Food waste will be fed to local livestock and/or composted).

EARTH DAY

April 20th Fairgrounds

SEED EXCHANGE

April 22nd-Library

Scan QR Code for details



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