



May 2023

# THE EXTENSION CONNECTION

Wyandotte County K-State Research and Extension



## Director's Note

**Denise Dias,**

Wyandotte County Director

We continually try to improve and make it easier to get the information you need to live your best life. We continue to add more content and videos to our website and to our lobby. We hope you consider us a friendly space to learn and grow here in Wyandotte County. Here is just a sample of some of the interesting things we are working on for you.

**K-STATE**  
Research and Extension  
Wyandotte County

## MEET OUR NEW COORDINATOR!

Hi there!

My name is Casey Ling and I am the new 4-H Office Professional. I grew up on a family farm in southeast Texas and was an active member of my local 4-H Club from kindergarten to high school graduation. I was involved in many different projects including meat and dairy goat, poultry, veterinary science, food and nutrition, photography, and many more. However, horses have and always will be my favorite. I earned my Bachelor's degree from Sam Houston State University where I majored in Animal Science and minored in Equine Science. I was also a competitor for the university's Stock Horse Team and Horse Judging Team.

I moved to Kansas City in the winter of 2017 and live with my amazing partner Ryan, my dog Wesson, and three spoiled cats. I also have a quarter horse mare named Cara who lives at a barn a few miles away. My favorite pass times include gardening, snuggling my fur babies, and training for my next horse show. I have one hobby that I love so much that I can't seem to find time for anything else- showing horses.

I am so happy to be a part of KSRE and am looking forward to an exciting future with the team.

Cheers!  
Casey



**Casey Ling,**  
4-H Youth Development Office Professional  
[csling@ksu.edu](mailto:csling@ksu.edu)



**K-STATE**  
Research and Extension  
Wyandotte County

# CREATIVE & FUN GRADUATION IDEAS

Graduation is a special time to celebrate the accomplishments of the graduate. It's also a time for family and friends to come together and enjoy each other's company. If you're looking for some graduation creative ideas, keep reading and follow the link. Planning a graduation party at home can be a bit of a challenge. Graduations usually do not happen every year, when it does, it's very special and you want to make the guest of honor feel very important. Host the best graduation party with some fresh ideas. Whether you're celebrating high school graduation, preschool graduation, kindergarten graduation or even a college graduation, here are some fun ideas that will get guests of all ages interacting and having a blast. Congratulations Graduate!

### **BACKYARD GRADUATION PARTY IDEAS**

If the weather is nice, expanding your party to include the outdoors, is a great way to have a little more space when planning a graduation party at home. A backyard graduation party theme can be decorated in many ways!

### **DRINK & FOOD BARS**

If you want to save money, save elsewhere. Food is a must; however, you can come up with some low-cost graduation party food ideas. Using folded tables, create food bars. Great ideas are a dessert table with cute finger food like mini cookies or no-bake diploma cookies. A popcorn bar also keeps the budget low and allows everyone to add flavors and candies they like. A drink station can be simple.

### **PHOTO BOOTH & MUSIC**

Memories are kept best when captured on camera. Create your own DIY graduation photo booth with a few graduation photo booth props. Adding a karaoke machine and a graduation party playlist. Using Spotify, Apple Music or Amazon Music could quickly create a playlist for you.

For more ideas,

<https://www.frugalcouponliving.com/graduation-party-games/>



# Nutrition and Food Safety

## SNAP-ED PARTNERS

K-State Research and Extension Wyandotte County staff are currently applying for the SNAP-Ed Grant. If we do receive the grant money, our educators will be able to start teaching SNAP-Ed curricula starting October 1st, 2023.

SNAP-Ed is the Supplemental Nutrition Assistance Program Education, administered by the USDA Food and Nutrition Service. The SNAP-Ed goal is to improve the likelihood that persons eligible for SNAP will make healthy food choices within a limited budget and choose physically active lifestyles.

### **Local community organizations, coalitions and groups can:**

- Refer, recruit, and remind potential class participants
- Be a host site for classes
- Advertise and promote SNAP-Ed classes
- Provide other lesson reinforcements including take-home ingredients for recipes and small kitchen equipment

We are seeking local and regional partners for Community based approaches. Community-based approaches may include community gardens, farmers markets, school and/or community wellness coalition work, healthy corner stores, or summer feeding programs based on the community's needs.

### **Adult Direct Education Classes**

We partner with health departments, housing sites, senior meal sites, food pantries, churches and other organizations to conduct interactive educational sessions to help community members implement health changes on a personal level.

Adult Participants Learn:

- to get more from their food dollars through meal/menu planning
- prep healthy/tasty meals and basic cooking skills
- control portion sizes and understand nutrition facts labels
- keep food safe- reduce food-borne illness

### **Youth Direct Education Classes**

SNAP-Ed partners with schools where 50% or more of the families qualify for free and reduced meals.

Lessons are targeted for 3rd-12th grades

Youth Participants Learn:

- to eat healthy in and out of school using MyPlate guidelines
- to include physical activity daily for overall health
- the importance of healthy drink/snack choices



**Stephanie Whatley- Hopkins,**  
EFNEP Agent  
smwh@ksu.edu

**K-STATE**  
Research and Extension  
Wyandotte County

# Nutrition and Food Safety

## FLOUR FOOD SAFETY

Raw flour is just that...it's raw! The grains from which flour is ground are grown in fields and, like all foods grown outdoors, they may be exposed to a variety of harmful bacteria like Salmonella and pathogenic Escherichia coli (E. coli). To be consumed safely, baking or cooking it is a must. Check out this list of DO's and DON'Ts to help keep you and your family safe when handling raw flour.

- DO follow package directions on baking mixes and other flour containing products for correct cooking temperatures and specified times.
- DO keep all raw foods, like flour and eggs, separate from ready-to eat foods. Remember, flour is a powder and spreads easily.
- DO refrigerate cookie and pastry dough according to package directions. Use a refrigerator thermometer to be sure your refrigerator is at a safe 40°F.
- DO clean up carefully after working with flour or raw dough and eggs:
  - Wash hands thoroughly with soap and running water, and,
  - Wash utensils, bowls, baking pans and cutting boards, and countertops with warm, soapy water.
- DO NOT eat, taste, or allow children to eat or play with raw dough products or baking mix before cooking.
- DO NOT keep recalled flour. Throw it away.
- DO NOT let children use raw dough for crafts or play clay.
- DO NOT use products that contain raw flour, like cake mix, to make ready-to-eat products like milkshakes.
- DO NOT try to heat treat flour in your own home. Home treatments of flour may not effectively kill all bacteria and do not make it safe to eat raw.
- DO NOT use raw cookie dough in ready-to-eat ice cream.

(Source: Handling Flour Safely: What You Need to Know, FDA)



# HOW TO PREVENT FOOD WASTE

No one likes wasting food, but in the United States each person wastes on average about a pound of food every day. Thirty million acres of cropland is used to produce this wasted food every year.

Food waste impacts many areas of our lives including what foods are available, how affordable food is, farmer's resources and crop production, and the prevalence of natural disasters due to climate change. Food waste is a financial problem, social problem, and environmental problem. We all know that we need to do our part to help reduce food waste, and many of us are trying to change and are finding that reducing food waste in our households has unexpected benefits.

One area that has been studied recently is the impact food waste has on individual and household expenses. According to a study done on the cost of food wasted, the average American spending over \$1300 per year on food that ends up being wasted. This expense is greater than many other annual expenditures including vehicle gasoline, apparel, household heating, electricity, property taxes, household maintenance and repair, and insurance for an average single person household in 2017. For most people some food will always be thrown away, but making small changes can help save money and food.

May 12, 2023 at 10 am I will be teaching the 5 Minute Meal Plan. You will have time to plan an entire weeks' worth of menus for the summer. Class will be at in our office 1208 N 79 St. Kansas City KS



# WEEDS ADDING COLOR TO LAWNS

With the warm temperatures, our lawns are greening up, as well as the weeds. The plants with the little purple flowers in home lawns are called henbit. If you are not sure this is what you have, check the stems. If they are square rather than round, you have henbit. Though it actually comes up in the fall, most people do not pay much attention to this weed until it starts to flower. Trying to kill it at this stage with a herbicide is usually a waste of time and money. Though the plant may be burned back, it will rarely be killed. So what do we do? Remember, this is a winter annual; it comes up in the fall, matures in the spring and dies as soon as it starts to get hot. All that we can do now is keep it mowed until nature takes its course.

We are all familiar with the yellow dandelions that speckle many of our lawns and produce a white seed head with seeds that blow in the wind. Dandelions, as well as, henbit should be controlled in the fall. But if you missed the fall application, a second opportunity for dandelion control is now here or fast approaching. Research by Purdue University has shown that good control can be achieved with an herbicide applied during or soon after the first flush of flowers. Use a combination product that contains 2,4-D, MCPP and dicamba. Examples would include products such as Trimec, Weed Out, Weed-B-Gon, and Weed Free Zone. If you only have a few dandelions, consider spot treatment rather than a blanket application. There are ornamental plants that are very sensitive to drift from these herbicides, so be careful. Avoid spraying on windy days. The three indicator plants that usually are the first to show damage are tomato, grape and the eastern redbud tree.

Lynn Loughary is the Horticulture Agent for Wyandotte County, K-State Research and Extension. She can be reached by calling 913-299-9300 ext 104, or by email [lloughar@ksu.edu](mailto:lloughar@ksu.edu)



## Community Development

# A NIGHT UNDER THE STARS!

At first you may think I am referring to the year 2000, but actually it is a leadership program based in Wyandotte County to train and educate leaders. I was fortunate enough to be selected to participate in this amazing program. It has helped me to further develop my leadership skills and gain a greater understanding and appreciation for all things here in Wyandotte County. We have visited numerous sites and have heard from speakers from the mayor to social services.

Our class is also tasked with hosting a fund raiser for a local charity. Our "Under the Stars" gala is on May the 6th and we would love to have you attend, purchase an item on the silent auction or even just donate for our chosen charity, Foster Adopt Connect. A few tickets are still available for our Gala, but hurry before they are all gone!

Register at: <https://bit.ly/3URqEwa>

For more information feel free to contact me or see the information below.

**2000**  
LEADERSHIP

CLASS OF XXXVI PRESENTS...

# UNDER THE STARS

*Enjoy dinner from Cathy's Catering! Bid on some special silent auction items! Have a cocktail! Dance the night away with @djtdkc (djtd.net)! Take a silly picture!*

**May 6 | 6p.m. to 10p.m.**  
Dinner at 6:30p.m.

Single Tickets: \$50  
Includes 2 drink tickets and dinner.

Sponsorship Package: \$750  
Includes table of 8, 25 drink tickets, dinner for 8, social media advertising, company name in printed program and special recognition during event program.

LOCATION:  
The Cathedral at St. Peter the Apostle  
409 N. 15th St. Kansas City, KS 66102

BUY TICKETS HERE!!!!

\*\*\*For additional sponsorship opportunities, please reach out to Chris Meiers at [cmeyers@kckcc.edu](mailto:cmeyers@kckcc.edu) or Brian Israel at [bisrael@mvplaw.com](mailto:bisrael@mvplaw.com)

PROCEEDS TO BENEFIT...

**fosteradopt connect**

Denise Dias,  
Director  
[ddias@ksu.edu](mailto:ddias@ksu.edu)

**K-STATE**  
Research and Extension  
Wyandotte County

# Upcoming Events



## **MAY:**

**May 3-** K-State Garden Hour: Drought Tolerant Plants for a Challenging Kansas Landscape

**May 11 -** Thinking Outside the Arbor

**May 17-** Flavor Up

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Jo McLeland two weeks prior to the start of the event (insert deadline date) at (insert phone number and email). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.

Connect with us!



**K-STATE**  
Research and Extension  
Wyandotte County