



University of Nevada
Cooperative Extension

August 2016

Community Connection

PACKING HEALTHY SCHOOL LUNCHES

It's back to school time and there are many preparations that have to take place before you send your children off to school. If you send lunch with your child you can be sure it is healthful if you use MyPlate as a guideline.



MyPlate was released by the United States Department of Agriculture earlier this summer* as a way to help Americans be able to quickly plan a healthy meal. The icon shows a plate that is half full of fruits and vegetables and the other half with protein foods and grains. The grain icon is a little larger than the protein icon and the vegetable is larger than fruit meaning you need a little more of those. There is a dairy icon off to the side. (*MyPlate was released in 2011.) Read [more!](#)

MELONS MEAN SUMMER

Most of us know, sometimes from sad experience, that several of our favorite vegetables hardly thrive in the Mojave during July and August. Tomatoes are the obvious example. They suffer greatly in the heat, but can return to production in early fall.

How fortunate that some fruiting vegetables flourish during hot periods.



Pumpkins grown at the Demonstration & Test Gardens

Melons mean summer. Whether we are growing watermelons, cantaloupes (also known as muskmelons), honeydews, or another delicious variety, all of them thrive in high temperatures. Melons are not the only fruits we can grow at this time, but many of their kin – pumpkins, squash, and even cucumbers – can be productive in some of the hottest weather. This group is collectively identified by their family name: Cucurbitaceae, or as “cucurbits.”

The cucurbits most of us grow are plants that do not like the cold. In fact, when temperatures are below 60°F their roots do not even take up water. Hot weather, however, is just fine. They can grow their huge leaves, produce their yellow flowers, and finally, their delicious and nutritious fruit. Even if you planted your plants late this summer, you will probably still get a crop, as long as they never suffer from a water shortage. For all their good properties, they are not in the least drought tolerant. Read [more!](#)

ON BACK

Added sugars, are they really bad?
Save the Date~Healthy Kids Festival

COOPERATIVE EXTENSION

Who we are: We are the outreach college of the University of Nevada, Reno. We design and deliver community programs to residents of Nevada with other agencies and volunteers.

What we do: We learn about the needs of our community and develop programs to meet them. We teach classes, hold workshops, sponsor seminars related to those needs and provide online information.

What we offer: Education, training and instruction in: Health & Nutrition; Children, Youth & Families; and Water, Horticulture, Economics & Environment.



**Cooperative Extension
Southern Area office locations
and phone numbers:**

Clark 702-222-3130

8050 Paradise Road
Las Vegas, 89123

Northeast Clark 702-397-2604

1897 N. Moapa Valley Blvd.

P.O. Box 126,
Logandale, 89021

Southern Clark 702-299-1333

55 Civic Way

Laughlin, 89029

Southern Nye 775-7274-5532

1651 E. Calvada Blvd

Pahrump, 89048

**Northern Nye/Esmeralda
775-482-6794**

P.O. Box 231

#1 Frankie St., Old Courthouse

Tonopah, 89049

Lincoln 775-726-3109

P.O. Box 728

360 Lincoln St.

Caliente, 89008

Eureka 775-237-5326

P.O. Box 613

701 S. Main St.

Eureka, 89316

White Pine 775-293-6599

950 Campton St.

Ely, 89301

Cooperative Extension's mission:

Discover: by assessing community needs; understanding emerging issues; *Develop:* science-based programs to help resolve the needs of community residents; *Disseminate:* through evidence-based educational programs; classes and publications; *Preserve:* by publishing findings via curriculum and fact sheets and demonstrate knowledge to strengthen the social, economic and environmental well-being of people.

ADDED SUGARS, ARE THEY REALLY A BAD THING?

There are two types of sugars in American diets: naturally occurring sugars and added sugars.

1. Naturally occurring sugars are found naturally in foods such as fruit (fructose) and milk (lactose). They are part of the food's total nutrient package.
2. Added sugars include any sugars or caloric sweeteners that are added to foods or beverages during processing or preparation (such as putting sugar in your coffee or using fruit packed in heavy syrup). Added sugars (or added sweeteners) can include natural sugars such as white sugar, brown sugar and honey as well as other caloric sweeteners that are chemically manufactured (such as high fructose corn syrup).

There are a number of reasons that sugars are added to foods. Sugar helps to balance flavor components in foods, improving flavor and palatability. It is often used as a preservative in foods. Sugar also improves the flow (viscosity) of products, improves texture of foods, acts as a browning agent in foods and plays a vital role in the raising of cakes and dough. You can use sugars to help enhance your diet. Adding a limited amount of sugar to improve the taste of foods that provide important nutrients (especially for children), such as whole-grain cereal, low-fat milk or yogurt, is better than eating nutrient-poor, highly sweetened foods. Read [more!](#)

TREE SELECTION WORKSHOP



On Saturday, August 20, the gardening series continues with a one-day workshop on Gardening in Small Places: tree selection and care. The class runs from 8 a.m. to noon.

Trees are some of the largest, and can be some of the most expensive, plant material you'll add to your landscape. When properly selected, placed, planted and cared for trees can be the focal point of your garden, however, if improperly placed, planted or cared for, trees can also be the most costly mistake you can make in your landscape. Read [more!](#)

SAVE THE DATE ~ HEALTHY KIDS FESTIVAL

To celebrate Childhood Obesity Awareness Month, the University of Nevada Cooperative Extension's *All 4 Kids*® Program and Clark County Parks and Recreation Department will sponsor the fifth annual Healthy Kids Festival (HKF) which will take place on Saturday, September 24, 2016.

The free festival, open to young children and their families, will be held from 10 a.m. to 2 p.m. at Whitney Park located at 5712 Missouri Ave., Las Vegas, Nev. Local community partners will come together to promote nutrition, physical activity, growing fruits and vegetables, healthy food tasting, music and dance instruction, BMI and health assessments, city/county recreation, sports and outdoor venues.

Unlike typical health fairs, each agency will provide interactive, hands-on experiences for children who visit their activity stations where a bingo-like game card is stamped. Donated prizes are used to promote completion of game cards given to children to encourage participation in all areas. Last year's event presented childhood obesity awareness and prevention to almost 1000 attendees. Read [more!](#)