



University of Nevada
Cooperative Extension

September 2016

Community Connection

5TH ANNUAL 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 Recreation Center 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.



Photos from last year's Healthy Kids Festival activities!

Last year's event presented childhood obesity awareness and prevention to almost 1000 attendees. Reaching out and empowering families of young children is the key to successful, healthy living. **Registration** and more **information** can be found [online](#).



ON BACK

Rose Society meeting
A day's worth of fruit & veggies
Gardens open to the public

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

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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.

ROSE SOCIETY FALL MEETINGS BEGIN



Lantana's do well in our desert

Cooperative Extension and the South Valley Rose Society are collaborating and offering educational meetings throughout the fall. On Thursday, Sept. 22 find out how to prepare your rose garden for fall blooms at this free, open to the public, workshop.

As temperatures start to cool, it's time to adjust our rose care schedules and for fall. Review important fertilization, irrigation and pruning techniques to ensure this year's final rose "flush" in late Oct. will be the best one yet.

All educational meetings are held at 7 p.m. at the Lifelong Learning Center located at 8050 Paradise Road, Las Vegas, Nev. (I-215 and Windmill Lane). For more information, please [email](#) or call the Master Gardener Help Desk at 702-257-5555.

GARDENS WIN INNOVATION GREEN AWARD

Take a stroll in our award-winning garden!

Our award-winning Demonstration and Test Gardens spans for 3 acres behind the Clark County Lifelong Learning Center located in Las Vegas.

Visitors can walk around the track and stroll through the different areas to learn about what works and what doesn't in our particular desert climate. The areas include:

- Orchard: Houses several varieties of stone fruit and apple and pear trees to demonstrate which types are more drought and heat tolerant
- Compost: Showcases the many types of compost containers that are in use for recycling of plant waste
- Mulch: Visitors can learn about the different uses for ground covers such as stone, bark, and rocks
- Native Wash: Perhaps one of the most innovative areas in the gardens is a natural water catchment. Plant materials can thrive in the wash even without supplemental irrigation.

Read [more!](#)

A DAY'S WORTH OF FRUITS AND VEGGIES

It's easy for most of us to get enough fruit in our diets. Add bananas, berries, or dried fruit to breakfast cereal, slice a juicy melon for dessert, and crunch on an apple for a quick snack and you'll probably meet the daily nutritional guidelines of 2 cups. Getting enough vegetables can be more challenging, however. Here are some easy ways to work the recommended 2½ cups into your daily menus:

Start the day with ½ cup of vegetable juice.

Enjoy a spinach salad or other main dish salad for lunch.

Add vegetables instead of meat to pasta dishes, pizzas, soups and stews.

Spoon salsa onto a baked potato.

Keep bags of pre-cut, pre-washed carrots, snap peas, and cherry tomatoes on hand for quick snacking.

Make a vegetable stir-fry with small amounts of chicken, lean beef, or fish.

Whip up some refreshing fruit and vegetable smoothies.

Source: U.S. Department of Agriculture HopeHealth~No. 10247