

WASHINGTON STATE UNIVERSITY



LEWIS COUNTY EXTENSION

Volume 5 Issue 6

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Acting Editor

Debbie Fredricks,

Special Projects



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Crimson Pride

Winter Issue 2016



The Spirit of Giving

Holidays are abound, Thanksgiving, Christmas, Kwanza, Hanukah, and New Years. Many families carry forward holiday traditions. Some are

food, (deviled eggs anyone?) related others are events, such as caroling or participating in community programs.

This year consider spreading holiday cheer to those who are less fortunate due to circumstances beyond their control, some are out of work due to company down sizing or shut-downs, others are recovering from natural disasters such as fire, wind or flood.

There are many opportunities to embrace the spirit of giving via local community groups and churches, and yes, one gift does make a difference, especially to that adult or child who would otherwise go without the experience of the holiday season.

We at the WSU Lewis County Extension office wish you a memorable holiday season and welcome in the New Year with new programs and volunteer training opportunities.

Our 2017 schedule will be online soon at lewis.wsu.edu. See you there.





Traditions Around the World

Here are a few traditions from around the world. Perhaps there are some you would like to adapt for your family.

Japan: In 1974 Kentucky Fried Chicken launched an ad campaign in Japan urging people to eat KFC on Christmas. It was such a successful campaign that to this day Japanese people flock to KFC for their Christmas dinner. Some make reservations months in advance while others are undeterred by the long lines. This unique tradition also includes Christmas cakes (usually sponge cake decorated with figures of trees, flowers and Santa) and Daiku, the 9th symphony of Beethoven.



France: The Yule Log cake is a long held tradition in France. It is served after the midnight Mass on Christmas Eve. Instead of Christmas trees, most French families have Nativity Scenes, some very elaborate.



Poland: Families search the sky on Christmas Eve, each family member hoping to be the first to see the "little star". It's name is in remembrance of the Star of Bethlehem. In Poland the "little star" brings the gifts.

Australia: Since Christmas falls during the summer months in Australia, it is often celebrated on the beach. Food may be salads, cold meats and seafood, although some do eat a more traditional turkey dinner. One popular holiday song says that "6 white boomers (kangaroos) pull Santa's sleigh."

Germany: A very important tradition in Germany is the Advent Wreath that is used for the 4 weeks before Christmas day. It includes 4 candles and each week one more candle is lit while the family remembers the true meaning of Christmas through reading scripture and



Holiday Recipes Around the World

Australian Anzac Biscuits (Cookies)

A biscuit or cookie originally sent in food parcels to Australian and New Zealand troops during the First World War when eggs were scarce, the Anzac (named after the term for Australian and New Zealand soldiers) has become a national favorite.

100 grams / 4 oz of butter
1 dessertspoon of golden syrup*
1/2 cup of white sugar
3/4 cup of flour
3/4 cup of rolled oats
3/4 cup of coconut
1 teaspoon of baking soda
1 tablespoon of water

Preheat the oven to 350°F. In a large saucepan melt the butter and golden syrup, then remove from the heat and cool. Add the white sugar, flour, rolled oats and coconut and mix thoroughly. Dissolve the baking soda in 1 tablespoon of water and add to the mixture. Line a baking tray with cooking paper. Roll small rounds of the mixture and place on the baking tray, remembering to allow room for the biscuits to spread. Flatten with a fork. Bake for 15 minutes or until golden.

*Substitute 2 teaspoons molasses.



Polish KLUSKI Z MAKIEM (Noodles with Poppy Seeds)

3 tbs. poppy seeds
3 tbs. sugar
1 package wide noodles
2 tbs. butter

Scald poppy seeds with boiling water and soak for 3 hours. Drain. Force through food grinder and mix with sugar. Cook noodles in lightly salted water. Drain and rinse with cold water. Place in baking dish and heat in oven for several minutes. Mix with butter and poppy seeds. Serve hot.

Austrian Weihnachtsbaeckerei

(Christmas cookies)

4 ½ cups flour
 1 ½ cups sugar
 Pinch of salt
 1/4 cup milk
 1 egg yolk
 5 eggs
 3 tsp. baking powder
 1 ½ tsp. vanilla
 1 ½ cups butter

Sift flour, baking powder, and salt onto a board. Cream butter and sugar. Add eggs, vanilla, and milk to butter and sugar. Mix lightly. Pour the moist ingredients into a depression in the flour and work ingredients into a dough with a knife. Divide the dough into 4 parts. Roll out and cut into desired shapes with cookie cutter. Place on a greased baking sheet and brush with egg yolk.

Bake in a moderate oven, at 300-350, until golden brown.

Venezuelan Pan de Jamon

1 pkg. dry yeast
 1/4 c. lukewarm water
 3/4 c. milk, scalded
 1/4 c. shortening
 1/4 c. sugar
 1 tsp. salt
 3 1/4 c. sifted flour
 1 beaten egg

1/2 pound thinly sliced ham;

1/2-3/4 cup raisins;

1/2-3/4 cup sliced, stuffed olives.

Soften yeast in water. Combine next 4 ingredients. Cool to lukewarm. Add 1 cup of the flour. Beat well. Beat in yeast and egg. Gradually add remaining flour to form soft dough. Beat well. Shortening; cover. Let rise in warm place until double (1 1/2 hours). Punch down; turn out on a lightly floured surface. Roll to a 12 x 15 inch rectangle. Butter the surface then tear pieces of the sliced ham and cover the dough. Sprinkle the raisins and the slices of stuffed olives evenly over the ham. Roll up, starting with the shorter side. Pinch edge to seal.

Place loaf diagonally, sealed side down, on a large greased cookie sheet. Cover; let rise in warm place 35-45 minutes. Bake in 350 degree oven for 30

Brush top lightly with soft minutes. Remove from cookie sheet to cool.

prayer. Each candle represents something different: Hope, Faith, Joy and Peace.

Venezuela:

While some people do put up Christmas trees, the most authentic custom is to display a Nativity Scene (nacimiento). On December 25th gifts are placed around the nacimiento. Tradition says that the Christ Child Jesus brings the gifts for children.

Netherlands:

On December 5th Sinter Claes brings gifts for all. He rides a white horse. Children leave carrots in their shoes for the horse. As in Venezuela, many families display a Nativity Scene rather than put up a tree.

Austria:

In Austria farmers chalk the initials of the 3 wise men on the archway of the stable door to protect the herd from success in the coming year. Austrian children are taught that a golden haired baby with wings brings gifts. This baby (called Kristkindl) symbolizes the newborn Christ child. Tradition says that the Christ child and his band of angels comes down from heaven to decorate and distribute Christmas trees.



Slow Cooker Pressure Cooker

Combo

Are you looking for a new kitchen appliance that is versatile, easy to use and saves time? The new Slow Cooker Pressure Cooker combos, known by many names, may be a good choice. These combination appliances can replace several of the other small appliances in your kitchen, saving valuable space. Many of them brown, sauté, steam, cook rice and make yogurt.

The advantages include: fast, easy to use, safe, energy efficient, no extra heat in the kitchen, fewer small appliances in the kitchen.

Do your research before you buy as there are many different brands and models to choose from. These appliances come in several different sizes so be sure to select one that is large enough for your family. Not all models make yogurt or cook rice.



I read it on the Internet – It *Must* be True!

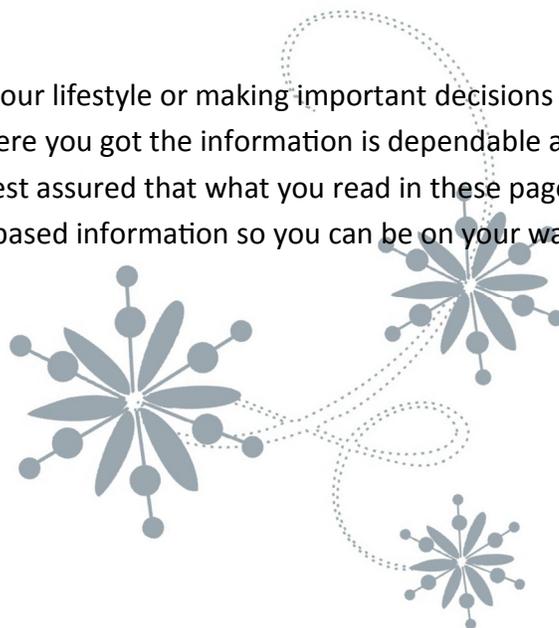
The Internet is an amazing tool. It allows us access to all kinds of information at the touch of just a few buttons. We can learn about anything. We can see photos of things we may never see any other way. We can connect with people all across the world. But we can't trust everything we read there. We must be very careful what we believe from the Internet.

For instance, anyone can build a website and post it on the Internet. There are no safeguards or regulations on content on the internet. Therefore, anyone can post anything they choose. It is the same with any website. You must be sure of the source.

To determine if it is a reliable source, look for names of places, agencies and/or organizations that you know are trust worthy. When you do research on the Internet only go to trusted websites, such as WebMD, USDA, John Hopkins, MyPlate.gov, research universities, and Extension agencies. By doing this you can be assured that the information is research based, reliable, safe information.

Too often people place their trust in books, websites, TV shows, news, and magazines without checking for accuracy and authenticity. I once heard a doctor say a few weeks after Readers Digest is published, that they get lots of patients with what doctors refer to as "Readers Digest disease of the month". The media often gives only part of the whole story in the headlines and in the text. Often they are sharing information from studies that have not been well done or cannot be replicated. Those findings often make good headlines but seldom contain the entire truth.

Before changing your lifestyle or making important decisions be sure that the place where you got the information is dependable and ethical. You can rest assured that what you read in these pages contain research based information so you can be on your way to a healthier lifestyle



ARE YOU MAKING MISTAKES IN PREPARING THE HOLIDAY BIRD?

Is your turkey being defrosted on the kitchen counter?

Pre-stuffed?

Slow-baked?



If any of these situations sound like your usual Thanksgiving dinner you may be putting your families health in jeopardy.

Pre-Stuffing the Turkey the Night Before... It 's okay to pre-stuff Christmas Stockings, but not Thanksgiving or holiday birds. Stuffing a turkey the night before is risky business. The cavity of the bird can insulate stuffing from the cold temperatures, and can keep items a temperature range that encourages bacteria growth.

INSTEAD...

prepare dry stuffing ingredients the day before. Tightly cover and leave at room temperature. The perishable – butter or margarine, mushrooms, oysters, cooked celery, onion, and broth – should be refrigerated. Combine dry and wet ingredients and stuff the bird just before the turkey goes into the oven. Or you can make the stuffing the day before and refrigerate it well. Then lightly stuff the turkey with the chilled stuffing just before baking.

Partially Cooking a Bird the Day Before...

Some time-savers are safer than others. Partially cooking a turkey is not one of them. Interrupted cooking can actually increase the possibility of bacterial growth. The turkey may be heated just enough for the bacteria to grow well, but not long enough to kill them.

INSTEAD...

Cook the turkey completely in one operation. Several ideas for SAFE time saving include using oven cooking bags, baking stuffing separately from the turkey, cooking and carving the turkey the day before the holiday and storing it in the refrigerator for reheating on the holiday.

Cooking at Low Temperatures Overnight...

Every year, many consumers calmly sleep the night away while bacteria are busily multiplying on their turkeys in a 200-degree oven. Cooking below 325 degrees is unsafe as low temperatures permit the bird (and stuffing) to remain in the “danger zone” too long. While in this “zone,” bacteria can grow and when consumed by your holiday guests, could make them VERY ILL!

INSTEAD... Cook you turkey and other perishable foods in the *oven no lower than 325 degrees.*

Holiday Hotlines

Check this list for information on preparing holiday food safely.

USDA Meat & Poultry Hotline: 1-888-674-6854

Butterball Turkey Hotline: 1-800-288-8372

Hours of operation:

November 1—18	8am to 8pm*
November 19 - 20	8am to 6 pm
November 21- 22	7 AM to 9 PM
November 23	7 am to 10 pm
November 24	6 am to 6 pm
November 25—28	8 am to 6 pm
December 17—18	8 am to 2 pm
December 24	8 am to 2 pm



Land O Lakes: 1-800-328-4155

Hours of operation:

Monday	9am to 3:30 pm**
Tuesday to Friday	8 am to 3:30 pm

**Central time





United States Postal Service

To ensure timely delivery of cards, letters and packages within the United States by Dec. 25, the Postal Service recommends that customers ship their items by the following dates:

Mail-by Dates — Domestic Services

- **Dec. 15 – USPS Retail Ground** *Ground service for less-than-urgent deliveries and oversized packages.*
- **Dec. 20 – First-Class Mail Service** *for standard-sized, single-piece envelopes and small packages weighing up to 13 ounces with delivery in 3 business days or less.*
- **Dec. 21 – Priority Mail Domestic service** *in 1, 2 or 3 business days based on where the package is mailed and where it's being sent, variety of flat-rate options.*
- **Dec. 23 – Priority Mail Express** *Fastest domestic service, guaranteed overnight scheduled delivery to most locations. Some restrictions and exceptions apply. Please note, Priority Mail Express postage refund eligibility is adjusted for shipments mailed between Dec. 22 and Dec. 25.*

Complete details on [Mailing and Shipping services](#) can be found on *usps.com*.

Customers mailing internationally during the holidays are advised to review the chart below for specific deadlines based on the locations they are mailing to and the service they are using. When mailing and shipping internationally, customers must also follow necessary customs guidelines. Visit the [International Shipping](#) page on *usps.com* for more information.

Mail-by Dates — International Services

Customers mailing internationally during the holidays are advised to review the chart below for specific deadlines based on the locations they are mailing to and the service they are using. When mailing and shipping internationally, customers must also follow necessary customs guidelines. Visit the [International Shipping](#) page on *usps.com* for more information.

International Mail Addressed To	Global Express Guaranteed (GXG)***	Priority Mail Express International (PMEI)	Priority Mail International (PMI)	First-Class Package International Service (FCPIS)
Africa	Dec 20	Dec 08	Dec 01	Dec 01
Asia/Pacific Rim	Dec 20	Dec 15	Dec 08	Dec 08
Australia/New Zealand	Dec 20	Dec 15	Dec 08	Dec 08
Canada	Dec 22	Dec 17	Dec 10	Dec 08
Caribbean	Dec 22	Dec 15	Dec 10	Dec 08
Central & South America	Dec 21	Dec 10	Dec 01	Dec 01
Mexico	Dec 21	Dec 15	Dec 08	Dec 08
Europe	Dec 21	Dec 15	Dec 10	Dec 08
Middle East	Dec 19	Dec 15	Dec 10	Dec 08

***GXG Notes: 1) Cutoff date does not take into account time needed for customs clearance. 2) Should allocate extra transit day(s) for delivery outside major cities.

Mail-by Dates (Military)

The Postal Service is committed to ensuring those serving in the nation's armed forces and diplomatic service receive their presents, care packages and cards in time for the holidays. Complete military mailing deadlines to APO/FPO/DPO (Air/Army Post Office, Fleet Post Office and Diplomatic Post Office) destinations worldwide, as well as tips and guidelines, can be found at: http://about.usps.com/news/national-releases/2016/pr16_080.htm.



2016 Year-End Holiday Schedule

Updated: October 25, 2016
See Dec. 31 Entry in Italics

THANKSGIVING

Tuesday, Nov. 22

- Normal pickup and delivery service. All UPS 2nd Day Air® packages picked up today will be delivered on Friday, Nov. 25.

Wednesday, Nov. 23

- Normal pickup and delivery service. All UPS Next Day Air® packages picked up today will be delivered on Friday, Nov. 25. All UPS 2nd Day Air packages picked up today will be delivered on Monday, Nov. 28 (except those processed and labeled for delivery on Saturday, Nov. 26).

Thursday, Nov. 24, Thanksgiving Day (UPS Holiday)

- No UPS pickup or delivery service.

Friday, Nov. 25

- Normal pickup and delivery service in all areas.

Saturday, Nov. 26

- Delivery of UPS Worldwide Express®, UPS Next Day Air and UPS 2nd Day Air packages processed and labeled for Saturday Delivery.
- Pickup service available for UPS Air and international Air packages* for regular Saturday pickup customers. UPS On-Call Pickup® service is available to all customers for UPS Air and international Air packages.

*References to "UPS Air and international Air packages" in the schedule above include the following UPS service options: UPS Next Day Air® Early, UPS Next Day Air®, UPS Next Day Air Saver®, UPS 2nd Day Air A.M.®, UPS 2nd Day Air®, UPS Worldwide Express Plus®, UPS Worldwide Express®, UPS Worldwide Saver®, UPS Worldwide Expedited® and UPS Worldwide Express Freight®.

Time-in-transit notes: On UPS holidays—Nov. 24, Dec. 25–26 and Jan. 1–2—there is no movement of any packages tendered to UPS. UPS Express Critical® service is available for urgent packages every day of the year, including on UPS holidays. Call 1-800-714-8779 or visit ups.com/critical.

Additional time-in-transit: From Nov. 21 to Dec. 30, a limited number of UPS Ground and UPS Standard packages, with transit times of three or more days, and with specific origins and destinations, will require an additional day in transit. All UPS 3 Day Select shipments tendered Dec. 19–20 will require an additional day in transit.

The most up-to-date time-in-transit details will be available at ups.com/csc at the time of shipping.

CHRISTMAS

Monday, Dec. 19

- Normal pickup and delivery service. This is the last day to ship via UPS 3 Day Select® to be delivered before Christmas Day (delivery on Friday, Dec. 23).

Tuesday, Dec. 20

- Normal pickup and delivery service. UPS 3 Day Select shipments picked up today will be delivered after Christmas. Track your shipment for detailed delivery information.

Wednesday, Dec. 21

- Normal pickup and delivery service. This is the last day to ship all UPS 2nd Day Air packages to be delivered before Christmas Day (delivery on Friday, Dec. 23).

Thursday, Dec. 22

- Normal pickup and delivery service. This is the last day to ship all UPS Next Day Air packages to be delivered before Christmas Day (delivery on Friday, Dec. 23). This is the last day to ship all UPS 2nd Day Air packages to be delivered before Christmas Day (must use the Saturday Delivery option for delivery on Saturday, Dec. 24).

Friday, Dec. 23

- Normal pickup and delivery service. This is the last day to ship all UPS Next Day Air packages to be delivered before Christmas Day (must use the Saturday Delivery option for delivery on Saturday, Dec. 24).

Saturday, Dec. 24, Christmas Eve

- Delivery of UPS Worldwide Express, UPS Next Day Air and UPS 2nd Day Air packages processed and labeled for Saturday Delivery.
- Pickup service available for UPS Air and international Air packages* for regular Saturday pickup customers. UPS On-Call Pickup service is available to all customers for UPS Air and international Air packages.

Sunday, Dec. 25, Christmas Day

- No UPS pickup or delivery service.

Monday, Dec. 26 (UPS Holiday)

- No UPS pickup or delivery service.

NEW YEAR'S

Tuesday, Dec. 27

- Normal pickup and delivery service. UPS 3 Day Select packages picked up today will be delivered on Friday, Dec. 30.

Wednesday, Dec. 28

- Normal pickup and delivery service. All UPS 2nd Day Air packages picked up today will be delivered on Friday, Dec. 30.

Thursday, Dec. 29

- Normal pickup and delivery service. All UPS Next Day Air packages picked up today will be delivered on Friday, Dec. 30. All UPS 2nd Day Air packages picked up today will be delivered on Tuesday, Jan. 3 (except those processed and labeled for delivery on Saturday, Dec. 31).

Friday, Dec. 30

- Normal pickup and delivery service. All UPS Next Day Air packages picked up today will be delivered on Tuesday, Jan. 3 (except those processed and labeled for delivery on Saturday, Dec. 31).

Saturday, Dec. 31, New Year's Eve

- Delivery of UPS Worldwide Express, UPS Next Day Air and UPS 2nd Day Air packages processed and labeled for Saturday Delivery.
- Pickup service available for UPS Air and international Air packages* (excludes UPS Worldwide Express Freight) for regular Saturday pickup customers. UPS On-Call Pickup service is available to all customers for UPS Air and international Air packages.

Sunday, Jan. 1, 2017, New Year's Day

- No UPS pickup or delivery service.

Monday, Jan. 2 (UPS Holiday)

- No UPS pickup or delivery service.

Peak-season service guarantees: UPS Air and international Air packages* picked up or delivered within the United States are guaranteed throughout the holiday season. Commitment times for Air and international Air packages scheduled for delivery Nov. 25, Dec. 18–Dec. 24 and Dec. 31 will be extended as follows: UPS Next Day Air Early and UPS Worldwide Express Plus will be extended by 90 minutes and all other Air and international Air services will be extended to end-of-day. The guarantee is suspended for UPS Ground and UPS Standard shipments picked up or scheduled for delivery between Nov. 27–Dec. 3 and Dec. 18–Dec. 24. For further details, visit ups.com for the UPS Tariff/Terms and Conditions. Service guarantees are subject to change.

Gifts From The Kitchen Recipes... Gift giving favorites to warm your tummy and your heart!



Waffle Iron Cookies in a Jar

Layer the following in a quart size large mouth jar, pressing hard between each layer.

1 $\frac{1}{2}$ cups	granulated sugar
$\frac{3}{4}$ cup	cocoa
2 cups	all-purpose flour

Attach the following recipe to the jar:

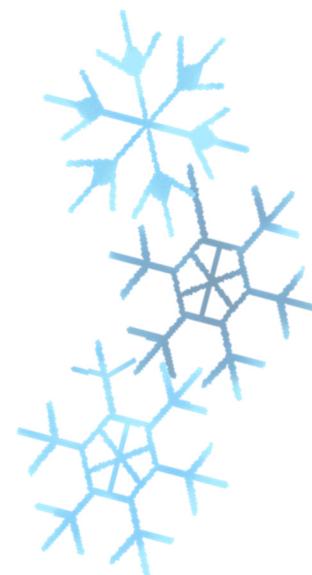
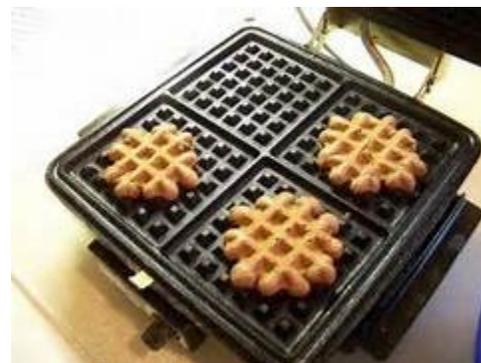
Waffle Iron Cookies

1 cup	softened butter
4	eggs
2 teaspoons	vanilla extract

Mix contents of jar with softened butter, eggs and vanilla extract. Blend well.

Put a heaping teaspoon of batter on waffle iron.

Bake 50 - 60 seconds, or until done.



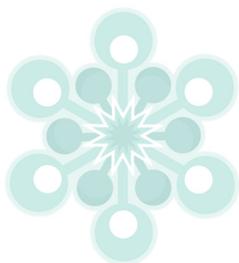
Vanilla Milk Bath Salts

1 cup	sea salt
1 cup	baking soda
1 cup	Epson salts
1 cup	powdered milk
1 teaspoon	vanilla extract

Combine salt and vanilla in a medium bowl.

Add remaining ingredients and stir until well blended.

Store in airtight container in a cool dry place.



Cranberry Rice Pilaf Mix

- | | |
|--------------|---------------------------|
| 1 tablespoon | packed brown sugar |
| 2 teaspoons | chicken bouillon granules |
| ¼ teaspoon | salt |
| 1/3 cup | chopped pecans |
| ¼ cup | chopped dates |
| 1 ¼ cup | long grain converted rice |
| ½ cup | dried cranberries |



1. Place brown sugar, bouillon granules and salt in a small bowl. Mix well. Place in the bottom of a wide mouth pint jar. Press down firmly.
2. Place pecans in jar then dates. Press down firmly.
3. Place approximately half of the rice in jar.
4. Place dried cranberries in jar and press down firmly.
5. Top off jar with remaining rice. Seal with lid.

Attach instructions for preparing pilaf.



Attach to jar:

Cranberry Rice Pilaf

- | | |
|---------------|--------------------------|
| 1 jar | Cranberry Rice Pilaf mix |
| 3 ¼ cups | water |
| 2 tablespoons | butter or margarine |



1. In a medium saucepan, place rice pilaf mix, water and butter or margarine. Cover and bring to a boil. Reduce heat and simmer, covered for 20 minutes.

Friendship Bag

In a small, attractive bag, put a penny, a nut, an aspirin, a lemon drop and a Hershey Hug candy. Attach a gift tag to the bag which reads:

Friendship Bag

A **penny** for your thoughts.

A **nut** for all the nutty things we do.

An **aspirin** for all the headaches I've given you.

A **lemon drop** for all of life's sourness that we have helped each other through.

And a **hug** just for you!



WSU LEWIS COUNTY EXTENSION MASTER GARDENER PROGRAM

MASTER GARDENER TRAINING

YEAR ROUND ENROLLMENT IS NOW AVAILABLE

Sign Up NOW WSU Lewis County Master Gardener Training Program

Applications are available at the
WSU Lewis County Extension
Office

WSU Lewis County Extension
351 NW North St.
Chehalis, WA 98532

Office hours: 9:00 a.m. to 3:00 p.m.
Monday - Thurs.

For more information on the WSU,
Lewis County, Master Gardeners
program, contact:

Art Fuller

Phone: (360) 740-1216

<http://lewis-mg-mrc.org>
art.fuller@lewiscountywa.gov

What is the time commitment
required for training and volunteer
activities?

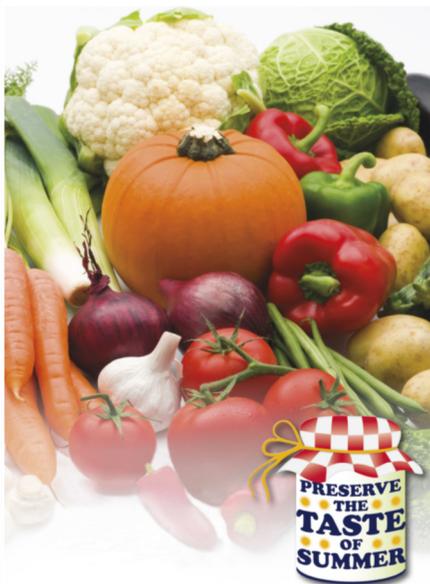
- Attend orientation prior to beginning of training with the Master Gardener Coordinator.
- Training is held over a 12-month period with once a month, full-day sessions on the 3rd Tuesday of every month and can be started any month throughout the year. The training session is in a classroom environment, Incorporates hands-on practice of the assigned study material and will include field trips. Trainees will spend their own time reviewing the on-line training material prior to class.
- Trainees will spend (7) three hour shifts for a total of 21 hours throughout the year at the Plant and Insect Clinic with a veteran Master Gardener.
- Each month from April through October, trainees will work in a demonstration garden with veteran Master Gardeners for a total of 20 hours.

Hosted by WSU Lewis County 4-H Food Resource Leaders



PRESERVE THE TASTE OF SUMMER

is a comprehensive food preservation program that includes eight lessons. It is a great opportunity for anyone age 18 years or older who is interested in learning how to safely preserve foods.



WASHINGTON STATE UNIVERSITY
LEWIS COUNTY EXTENSION

Have you registered for, or completed the
"Preserve the taste of summer" Class Offered by WSU?

<http://preservesummer.cahnrs.wsu.edu>

If so, we have some hands on Classes scheduled for the coming year. Join us on any or all of the dates below. Cost of Classes will vary and be determined as class details are finalized. We hope to see you there.

Watch for dates for our 2017 Classes coming soon!

For more information or to register contact Kim Weiland 740-1212 or
kimberly.weiland@lewiscountywa.gov

SNAP is the Supplemental Nutrition Assistance Program (formerly known as Food Stamps). It is part of the U.S. domestic hunger safety net and provides economic benefits to eligible, low-income individuals and families for food purchases. **SNAP -Ed** is the nutrition promotion and obesity-prevention component of **SNAP**.

The Supplemental Nutrition Assistance Program Education (SNAP-Ed) works with local agencies to help people choose healthy foods and active lifestyles.

Caitlin Arnold is our WSU Lewis County Extension **SNAP-Ed** Nutrition Educator. We are excited to have her here to meet the needs of our community. Caitlin will be providing nutrition, gardening, and cooking classes for children and families at several partner sites throughout the community.

If you have questions for Caitlin Please contact her at the Extension office at 360-740-2793. caitlin.arnold@wsu.edu



Putting Healthy Food
Within Reach

USDA
Supplemental
Nutrition
Assistance
Program

2016 Coming Events

Nov 5	Extension Office	4-H New leader Training
Nov 5	Borst Demo Garden	Dig, Divide, and store Dahlias
Nov 8	Extension Office	4-H New Leader Orientation
Nov 12	Fords Prairie Grange	4-H Achievement Program
Nov 17	Extension Office	4H New Leader Orientation
Nov 18	Borst Kitchen #2	Gifts from your Kitchen
Nov 19	Centralia Transfer station	Leaf Exchange
Late Nov	Extension Office	4H Know Your Government practices, watch for dates
Dec 26-Jan11	Centralia Transfer Station	Tree Recycling

For more information and details about upcoming events, visit our webpage at lewis.wsu.edu or [Facebook](#)



Cougar Cheese makes a great Holiday Gift! Come in and pick up a tin!
WSU Extension office
\$27.50/30 oz. tin.
Cash or check.

Catch Us on the Web at

<http://lewis.wsu.edu>
 or on Facebook



Lewis County Extension Office

351 NW North Street
 Chehalis WA 98532-1900

Phone: 360 740-1212
 Fax: 360 740-2792

Sheila L. Gray
 Lewis County Director &
 Extension Educator

Art Fuller
 Master Gardener/Master
 Recycler
 Program Coordinator

Pam Watson
 4-H Youth Development
 Extension Educator

Kim Weiland
 Admin Assistant & Food
 Safety Program Coordinator

Caitlin Arnold
 SNAP-Ed Educator

Debbie Fredricks,
 Special Projects

Bill Wamsley
 Lewis County Noxious Weed
 Program Coordinator