



West Feliciana News



4th Quarterly Highlight | October- December 2022

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Family & Consumer Sciences

Kindergarteners at Bains Lower Elementary learned about the MyPlate and the five food groups in October. They were taught the benefits of eating a variety of foods from each food group. During the November and December classes, the kindergarteners learned about the Fruits Group and Vegetables Food Group. Children learned the importance of making half their plates fruits and vegetables and that eating a variety of fruits and vegetables is key to good health. Pre-K youth at Bains Lower Elementary are learning about nutrition and health in creative ways through the OrganWise Guys curriculum. They are learning from lovable organ characters called the OrganWise Guys. The OrganWise Guys favorites have been Hardy

Heart and Sid & Kid the Kidney Brothers. Both Pre-K and kindergarten students have planted radish, carrot, and turnip seeds and cabbage and cauliflower transplants. Several classes have harvested and tasted radish.



4-H'ers are also learning about health and nutrition through the 4-H Cooking Club. Each month, the 4-H'ers learn about a different food group. During the Fruits & Vegetables Session in October, youth learned about the different forms of fruits and vegetables, how to purchase them, and what vitamins and minerals are found in

fruits and vegetables. 4-H'ers learned about whole grains, how to identify if a food product is a whole grain, and how to read the nutrition facts label during the Grains Session in November. While participating in the December session, the 4-H'ers discovered the difference between whole, 2%, 1%, and skim milks. Youth were also taught what non-dairy food sources provide calcium and that bones are living tissue. Each session included a recipe featuring the food group that 4-H'ers prepared and sampled.



In September and October, the parish library hosted "Thinking Money for Kids" a traveling interactive exhibit for youth. To

extend the topic for adults, the LSU AgCenter conducted a nutrition program for adults on how to stretch their food dollars. Techniques and tips for saving money on groceries and preparing meals and snacks that stretch limited food dollars was provided.

Meetings with the West Feliciana Hospital staff and Solitude Healthy Community Coalition Members were held to plan and coordinate a health and safety fair in Solitude. Inclement weather caused the event to be postponed. Meetings were also held with the coalition members and Parish President to discuss possible grants for lighting and sidewalks in Solitude.

Clients at the Council on Aging have been participating in Stay Independent: A Healthy Aging Series. Stay Independent, a nutrition and wellness program, was developed by Iowa State University Extension and Outreach and is being piloted by nutrition agents with the LSU AgCenter. Stay Independent provides adults age 60+ with research-based nutrition and wellness information to help them reduce their nutritional risk and sarcopenia risk.



4-H Youth Development

West Feliciana 4-H was busy with many different projects. In October, school officers were elected for their school clubs and youth learned about parliamentary procedure. West Feliciana Middle School members continued their journey of learning about agricultural careers. Our other school clubs completed lessons on Youth Wetlands including how marine debris affects those areas.

Members in our home school co-op group participated in a pilot class that will come to West Feliciana Middle School next year- Aquaponics in the Classroom. This class combines aquaculture with hydroponics. The students discovered sustainable fisheries and gardening. They planted lettuce and carrots and followed curriculum developed by Katlin Lucas. They ended the class in December by harvesting their vegetables and turning them into a salad!

In October, 4-H'ers took part in a Photography Workshop given by professional photographer, Stacy Forteich. Youth also participated in a Wildlife and Wetlands Day hosted by the US Fish and Wildlife Service, 4-H Junior Leaders, Catherine Fox, 4-H Wetlands Program, and West Feliciana 4-H. At the workshop, students learned about wood duck ecology, fishing, knot tying, soils, and tracking wildlife. In early November, seven

4-H'ers attended Challenge Camp at the Lion King Retreat Center in Amite. These seventh and eighth graders participated in team building exercises and challenges for two days of fun! November rounded out with our annual Culinary Arts Contest where we had 34 dishes exhibited! In December, West Feliciana Parish 4-H joined forces with East Feliciana Parish 4-H, Iberville Parish 4-H, and Pointe Coupee 4-H to conduct a Livestock Showmanship and Premier Exhibitor Clinic.

All our project clubs continue to meet. Youth are having a good time learning about cooking, sewing, horses, rabbits, and shooting sports! Currently, youth are preparing for shooting sports competition and livestock season. We are looking forward to a busy winter and spring!





and received Beef Qualify Assurance certification. All participants received a certificate and sign and join the 1400 other producers who have completed the program since 2004.

More information about livestock activities and resources can be found at the LSU AgCenter website https://www.lsuagcenter.com/topics/livestock/beef_cattle or https://www.lsuagcenter.com/portals/our_offices/parishes/west%20feliciana/features/agriculture/livestock for information from West Feliciana Parish.

For more information about the West Feliciana Parish Extension Office, visit https://www.lsuagcenter.com/portals/our_offices/parishes/west%20feliciana



The Louisiana Forage Conference was held on December 2 in Alexandria. Over 70 attendees from all over the state heard information about pasture weed control, carbon sequestration and soil health, and conservation practices aimed at improving pasture and forage production. The LSU AgCenter has scheduled a Beef Cattle & Forage Clinic for February 8 at the Town Hall in Slaughter. The meeting will begin at 8:30am and conclude with a sponsored lunch. Participants may receive Private Pesticide Applicator recertification for attending the entire meeting. Contact Donna Gentry at dsgentry@agcenter.lsu.edu for more information.

Horticulture/Ag & Natural Resources

The Feliciana Master Cattleman Program completed its 10-week course on November 3. Twenty-four participants completed this comprehensive beef cattle production program where they learned about reproduction, pasture management, nutrition,

