

## Feed your passion for nutrition in OSU Extension volunteer program

About 13 percent of people in Deschutes County are at risk of hunger and rely on food pantries to supplement their food purchases. To help them learn to cook and eat healthfully, Oregon State University Extension Service sponsors a volunteer program in nutrition

education.

Participants share their passion for healthy lifestyles and for helping others as they volunteer to demonstrate six recipes in six months after completing training. At the same time, they learn more about nutrition themselves.

To become an OSU Nutrition Education Volunteer, applicants take a five-hour class 9 a.m. to 2 p.m. Friday, Nov. 1, at the Deschutes County Extension Service office in Redmond. Once participants are trained and certified, they commit to volunteer

to lead six recipe demonstrations at local food pantries.

To read more about the program, visit the event page at the Deschutes County Extension office (<https://extension.oregonstate.edu/deschutes/events/nutrition-education-volunteer-training-0>) and send

your completed application by October 30 to Katie Ahern, family & community health instructor: [katherine.ahern@oregonstate.edu](mailto:katherine.ahern@oregonstate.edu) or OSU Extension, 3800 SW Airport Way, Building 4, Redmond, OR, 97756. For more information, call 541-548-6088.

## Find farms offering pumpkins, apples with Oregon's Bounty

Venture out into the countryside to buy pumpkins, apples, and the best of fall harvest directly from farms with Oregon's Bounty at [OregonFB.org](http://OregonFB.org).

Pumpkins, apples, pears, and squash are just a few examples of the favorites of fall harvest. If you want to venture out into the beautiful countryside and buy seasonal food directly from a farmer or rancher — where do you go?

"Everyone knows where their local farmers market is, but not everyone knows where to find roadside farm stands, pumpkin patches, U-pick orchards, and harvest events. That's where Oregon's Bounty comes in," said Anne Marie Moss, Oregon Farm Bureau communications director.

Oregon's Bounty at [OregonFB.org](http://OregonFB.org) is a searchable online directory of nearly 300 family farms and ranches that sell food and foliage directly to the public.

The Oregon's Bounty

website allows visitors to search for a specific agriculture product — like pumpkins or apples — and/or search for farms within a specific region of the state, such as Portland Metro, the Gorge, or the Willamette Valley. Visitors can also do a search for "U-pick" or "events" to locate those activities.

"Oregonians love farm-fresh food. Thanks to the diversity of Oregon agriculture, we can buy an enormous variety of fruits, vegetables, meat, nuts, flowers, and much more directly from the families who grew it," said Moss.

"Each of the farms listed in Oregon's Bounty are owned and operated by Farm Bureau members, who are proud of what they've grown and are happy to answer questions about what they do and how they farm," said Moss. "Fall is an ideal time to take a trip into the scenic countryside, meet a few of these family farmers, and experience Oregon agriculture firsthand."

## Preparing your yard for winter

As the leaves turn, winter weather preparation begins. For some homeowners, this means trimming trees and taming overgrown gardens, for others it means cleaning the gutters or painting the house. Many outdoor projects like these can be hazardous if you don't put safety first.

Coming into contact with electricity, whether it is through a power line, power equipment, or even an extension cord, can result in serious injury or death. Put safety on your fall clean-up list by following these tips to keep you and your family out of harm's way:

- Treat all electric lines with caution. Even low-voltage lines and extension cords can be dangerous.
- Use only wooden and fiberglass ladders. Metal ladders conduct electricity.
- Inspect electric cords for fraying or broken plugs. Do

not use damaged cords.

- Never use electrical equipment near a pool or other wet areas. Make sure outlets are equipped with a ground fault circuit interrupter, designed to automatically disconnect if the tool comes into contact with water.

- Be aware and steer clear of overhead electrical wires when installing, removing, cleaning or repairing gutters.

- Have help when installing or adjusting a satellite dish or antenna. Make sure you're working at least 10 feet away from power lines.

- Use caution when trimming trees. If power lines run through or near the tree, do not attempt to trim it, call your power company.

- Underground power lines are just as dangerous as overhead ones. If your project involves digging, call 811 to have underground utilities located and marked for free.



**"What's for dinner, mom?"**

**That's a tough question when you don't have enough food for your family.**

Sisters is fortunate to have the Sisters Kiwanis Food Bank to ensure everyone in our community has food to put on their table, but that requires year-round community support...

**Cash Donations ... Food Donations ... Volunteers**

**Financial donations allow the greatest flexibility in meeting the needs of food bank guests.**

Checks payable to Sisters Kiwanis Food Bank can be mailed to P.O. Box 1296, Sisters, OR 97759

To **DONATE** online visit [SistersKiwanis.org/food-bank](http://SistersKiwanis.org/food-bank).

**Sisters Kiwanis FOOD BANK**

**Food is distributed every Thursday from 9 AM to 2 PM at 328 W. Main Ave. (Intersection of Oak and Main).**

*Ready to donate? The staff at The Nugget will receive your donations and deliver them to Sisters Kiwanis Food Bank during our food drive.*

**The Nugget Newspaper**

**FOOD DRIVE Oct. 24 - Nov. 22**

**442 E. Main Ave. • 9 a.m. to 5 p.m. • Mon, Tues, Thurs, Fri**

**Financial donations and non-perishable food (not past expiration) will be accepted.** Sisters Kiwanis is a 501(c)(3) nonprofit.

**Make checks payable to "Sisters Kiwanis Food Bank."**