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Cooperative Extension, the outreach arm of the University of Arizona, brings the University to the people.

The faculty and staff in the Pinal County Extension office are part of a non-formal education network bringing research-based information into communities to help people improve their lives.

Cooperative Extension is committed to delivering high-quality, relevant educational programs and information to Pinal County citizens and communities.

It seems there are ads and articles everywhere this week that include the phrase “New Year, New You!” As we kick off 2022, we hope you’ll try out the new app that we’ve been developing in collaboration with Pinal County Public Health, various Parks & Recreation Departments, Farmer’s Markets, etc. The link is included on page 4 – no account or app store or password needed! We’ll also appreciate receiving your feedback as to the features it includes.

This newsletter is full of information that we hope you’ll find useful. There are articles about things to do with and for your children, how we are working to help our Agriculture industry adjust to the changes in our water supply, some upcoming events that you want to be involved with as participants or volunteers and supports for the healthier lifestyle changes you may be hoping to implement in the coming year.

When planning our educational programming, we look for evidence- and research-based curricula that has a track record of success for program participants. We want to bring programming that helps you attain your goals. Whether it’s being more successful in growing your garden, helping your child through our positive youth development programs such as 4-H, or bringing research to bear on the myriad problems that face our communities, Cooperative Extension is a resource we hope you will access.

*Cathy L. Martinez*  
Cathy L. Martinez  
County Extension Director

Main Office  
820 E. Cottonwood Lane, Bldg. C  
Casa Grande, AZ 85122  
Phone: (520) 836-5221  
Fax: (520) 836-1750

Satellite Office  
121 West Florence Blvd., Ste. J  
Casa Grande, AZ 85122  
Phone: (520) 836-5221  
Fax: (520) 836-1750

Maricopa Ag Center  
37860 W. Smith-Enke Road  
Maricopa, AZ 85139  
Phone: (520) 374-6263

Pinal County Extension Website  
<https://extension.arizona.edu/pinal>

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THE UNIVERSITY OF ARIZONA



## HORTICULTURE IN PINAL COUNTY

*Submitted by Anne LeSenne, Assistant Agent, Horticulture*



For Horticulture lovers the chilly days of the Winter months are filled with seed catalogs, and dreams of the garden we're going to have once the days get longer and warmer. Ordering some of your favorite varieties and trying out a few new ones is always a good plan. I also like to look at tools that might make my gardening adventures more comfortable or successful. Check this [guide](#) for a calendar of the best dates to plant throughout the year.

There are some things you can plant right now; cabbage, carrots, chard, lettuce, onions, radishes, spinach, turnips, but with soil temps so low, don't expect them to sprout very quickly. I was able to harvest sweet peas and beets from the garden, while the broccoli, Brussel sprouts, and green onions are growing like crazy. Many of us have harvested Citrus fruit and are juicing, gifting, drying, and baking with those wonderful fruits. We have had to protect our citrus and other tender plants from frost, since we've had several days below freezing. You can check this interactive [map](#) for the average last frost date for your area.

Even though it's cold, this is the best time for purchasing and planting bare root trees. Find the best varieties for here in this [guide](#), then check your local nurseries now for the best selection.

This is also a great time for pruning of citrus and many deciduous trees and shrubs as well as fertilizing for Spring growth. If you're not sure how to best prune the plants in your yard, consider reading this [publication](#) first. There's a wealth of knowledge at your fingertips by visiting the Cooperative Extension Publications page, and simply searching for the topic you are interested in. You can access them [here](#).

If you would rather speak to a person and discuss your needs or have questions about plants in your yard, you can reach out to one of our Pinal County Master Gardeners. Visit our [website](#), and choose the group that is closest to where you live. Or you can give me a call, and I'll help you with any of your gardening/horticulture/arboriculture needs at (520) 836-5221, x227.



# FINANCIAL LITERACY & POSITIVE DISCIPLINE



## S.M.A.R.T. GOALS—GREAT PARENTING & FINANCIAL TOOL

*Submitted By Sybil Peters, Instructional Specialist*

**S.M.A.R.T.** goals can be used for many different types of goals but have you thought about using them to improve a parenting or financial skill you have for yourself?

We talk about using this tool in both our 5week Building Financial Security & 6week Positive Discipline Parenting workshop series.

You can use these steps to create short term (4week), medium term (3-6month), or long term (1-3year) goals.

\*For the Time-Bound measure you can also use the date you choose as a date to reflect on how the S.M.A.R.T. goal worked & if the descriptions for each step were clear enough. Even if the original goal isn't reached it's still a time to review, reflect & re-commit to it.



Specific	Measurable	Attainable	Relevant	Time-Bound
Make sure your goals are focused and identify a tangible outcome. Without the specifics, your goal runs the risk of being too vague to achieve. Being more specific helps you identify what you want to achieve. You should also identify what resources you are going to leverage to achieve success.	You should have some clear definition of success. This will help you to evaluate achievement and also progress. This component often answers how much or how many and highlights how you'll know you achieved your goal.	Your goal should be challenging, but still reasonable to achieve. Reflecting on this component can reveal any potential barriers that you may need to overcome to realize success. Outline the steps you're planning to take to achieve your goal.	This is about getting real with yourself and ensuring what you're trying to achieve is worthwhile to you. Determining if this is aligned to your values and if it is a priority focus for you. This helps you answer the why.	Every goal needs a target date, something that motivates you to really apply the focus and discipline necessary to achieve it. This answers when. It's important to set a realistic time frame to achieve your goal to ensure you don't get discouraged.



## PINAL HEALTHY & ACTIVE

*Submitted By Victoria Iniguez, Instructional Specialist*



# PINAL

## Healthy & Active

Now you can stay healthy with just one tap. The Pinal Healthy & Active app puts fresh food, delicious recipes, and fun activities within reach.

A joint project between the Pinal County Public Health Services District and AZ Health Zone, this free health and wellness app brings together numerous community partners throughout the county in one, easy-to-use app.

- Discover countless outdoor recreational opportunities. Each listing includes park features, hours and turn-by-turn directions.
- Browse over 200 delicious, low-cost recipes by category, prep time, or ingredients. Detailed nutrition information included.
- Learn about free and low-cost events happening all over town. Search by date, location and cost.
- Participate in new activities and community groups in your area, each matched to locations to play and city leagues to join.
- Find all your local farmers markets, see what produce is available, view hours, and get directions with just a tap.

What are you waiting for? Install the free [Pinal Healthy & Active app](#) on your phone or tablet today -- no account, app store or password needed!



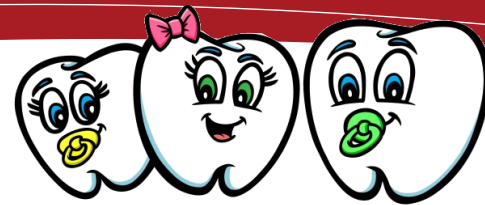
**wegner** CREATIVE



**PINAL COUNTY**  
PUBLIC HEALTH

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP through the AZ Health Zone.  
This institution is an equal opportunity provider.

# FIRST SMILES



## MORE CAVITIES BECAUSE OF THE PANDEMIC?

*Submitted by Greeta Mills, RDH MEd, Oral Health Professional*

Cavities are caused by bacteria, not the virus that is the culprit for our current pandemic. However, dentists are reporting seeing an increase in cavities. There are ongoing discussions as to the possible reasons, and here are several things that you can do to help reduce the chances of this happening for you and your child.

It is possible that your normal dental check-up routine was interrupted when dental offices were closed and folks were staying home, and your child went much longer than normal between appointments. A longer time between appointments means that a cavity that was just starting or was quite small had time to grow and perhaps spread to another tooth. Dental offices have been open for several months now, and are following very specific guidelines to keep their patients and their staff safe. It is a good time to get your and your child's dental appointments scheduled.

When families were spending more time at home it is possible that kids (and maybe the adults too) were snacking more frequently which means that the exposure on the teeth to cavity-causing food or drinks may have increased. It is the *frequency* of the exposure to food and drink, and not the *amount* of the food that increases cavity risk. For example, if you or your child eats a small handful of crackers all within a few minutes, there is a lower risk of that food causing cavities than if the same amount of crackers is eaten over the course of an entire morning. The amount is the same, but the length of time those crackers are in the mouth is much longer. Or if they drink some juice with breakfast the risk of cavities is lower than if they have the same amount of juice in a sippy cup that they sip on all morning. If a sweetened coffee is part of your morning routine, it is much more likely to cause cavities if it is sipped on over a couple of hours than if it is enjoyed in just a few minutes. It is the *frequency* not the *amount*.

Mask-wearing has become very common. One possible side effect is a dry mouth. Dry mouth increases the risk of cavities in both children and adults. Keep a water bottle handy and swish the water around when taking a drink and encourage your child to do the same. This will help hydrate the mouth and reduce the cavity risk from dry mouth.

When normal schedules and routines are disrupted like they have been during the last several months, it is easy for important habits to fall off our radar. Things like brushing and flossing twice a day, and helping our children with their brushing. Helping your child to brush twice a day is one of the most important things you can do to help reduce the risk of cavities. Children younger than six have a difficult time of doing an excellent job brushing. A simple thing you can do to reduce the risk further is to encourage your child to spit out, but not rinse the fluoride toothpaste out when brushing before bedtime. The little bit of extra fluoride on the teeth as they head to bed will help strengthen their teeth.



Make dental appointments, brush twice a day, drink plenty of water, and be aware of what and when we eat and drink things other than water. This will help increase the likelihood of healthy, happy smiles!

# 4-H YD PROGRAM



## AG-VENTURES IN PINAL COUNTY

*Submitted by Victor Jimenez, 4-H Youth Development Agent*

As we enter a new calendar year, please keep in mind that the MAC Farm Ag-Ventures programs is actively teaching Ag-Literacy to our young people both at the MAC farm as well as in schools. Please contact your local teachers (grades K-6) and encourage them to contact Victor Jimenez at cell: (480) 620-8633 or at the MAC farm (520-374-6216) for ways to get your children involved in this worthwhile experience. Students learn, and have fun learning for where their food and fiber comes. You'll be glad you did.

It's All Happening from the farm!



## NEW 4-H LICENSE PLATE & FRAME!

*Submitted by Maria Melendez, Administrative Assistant*

Show your support for 4-H! The Arizona 4-H Youth Foundation has been busy developing new opportunities to support AZ 4-H. The foundation searched for a unique income stream and quickly became excited about a license plate which would allow our 4-H family to share their enthusiasm, while building sustainable program funds.

The license plate will be available **March, 2022** and \$17 from each plate purchased comes back to the Arizona 4-H Foundation to support our 4-H youth.



Another exciting news!!! You can also pre-order an Arizona 4-H branded license plate frame and be the first to proudly represent Arizona 4-H on the road. This chrome license plate frame will let the townies know you're a little bit country.

Check out the following website for more information: <https://4haz.square.site/>

# EXPANDED FOOD NUTRITION EDUCATION PROGRAM



## HEALTHIER NEW YEAR WITH EFNEP

*Submitted By Esmeralda Castillo, Program Coordinator*

Now that the Holidays are past us, along with all the food, desserts and drinks that we may have had too much of, are you thinking of those New Year's resolutions? Losing weight, being more physically active, eating healthier. If your answer is Yes here are some tips to help you reach some of those resolutions: Eating a lot of sugar can cause those extra calories to turn into extra weight. Using healthier swaps to get the sweet taste you love without the added sugars can be a great way to avoid those extra pounds. In baking try using applesauce instead of adding sugar and when the recipe calls for heavy cream try swapping with evaporated fat-free milk. For items such as BBQ sauce and salad dressings try homemade versions (see recipe below) where you can manage the added sugars instead of store-bought versions and when it comes to the sugar-sweetened beverages such as sodas try healthier swaps with sparkling water flavored with a splash of 100% fruit juice. The American Heart Association recommends a daily limit of 6 teaspoons of added sugar for women and 9 teaspoons of added sugar for men.

In addition to making healthier swaps with your food, becoming more physically active is a great way to kick-off your New Year's resolutions to a healthier you. If you are new to physical activity an easy way to become active is by simply walking. Walking is an inexpensive way to add activity to your day. You also can use items you have at home such as canned food for added weight which is a great strength building activity. The American Heart Association recommends 150 minutes of moderate activity every week or 75 minutes of vigorous activity. Physical activity is one of the best things you can do for your health and well-being.

If you want more information on a healthier you, contact Esmeralda Castillo, EFNEP Program Coordinator at [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu) or (520) 836-5221 Ex. 244.

### HOMEMADE RANCH DRESSING

Makes: 16 servings (2 tablespoons per serving) / Preparation Time: 5 minutes

#### Ingredients

- 2 teaspoons dried, minced onion
- ½ teaspoon salt
- ¼ teaspoon garlic powder
- 1 tablespoon dried parsley
- 1 cup plain Greek yogurt
- 1 cup buttermilk

#### Directions

1. Wash hands before preparing anything
2. Collect and measure all ingredients before starting to prepare the recipe.
3. Add the dried onion, salt, garlic powder, and dried parsley to a bowl, and stir gently to combine.
4. Add the Greek yogurt and buttermilk, and stir until spices are evenly distributed.
5. Chill before serving.
6. Keep leftovers refrigerated, and eat within 1 week.

**Be creative!** To make a thicker ranch dip, substitute another cup of plain Greek yogurt for the buttermilk.

<b>Nutrition Facts</b>	
16 servings per container	
<b>Serving size</b>	<b>2 Tablespoons (30g)</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>20</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> < 5mg	1%
<b>Sodium</b> 95mg	4%
<b>Total Carbohydrate</b> 1g	0%
Dietary Fiber 0g	0%
Total Sugars 1g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 0mg	0%
Potassium 49mg	2%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

## HOW TO SAY “I LOVE YOU”

*Submitted by Jennie Treadway, Program Coordinator*



Saying I love you may be easy as uttering those 3 little words, but for toddlers and preschoolers saying I love you can be shown in many different ways.

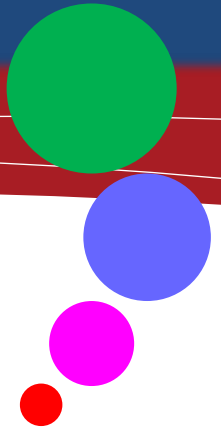
From a snuggle each night when reading their favorite book, to spending the afternoon playing their favorite game. From buying them a sweeter with their favorite animal on the front, to telling them you love them, there are many different ways you can express your love to your child. Just like adults some children react differently to different forms of showing affection.

So below we are listing just a few ways that you can show your child that you are thinking of them and that you love them without having to say those 3 little words. Of course, there is nothing wrong with telling them you love them too!

- Snuggle, cuddle, embrace, high-five, nuzzle, or hug—Whatever you call it physical touch can tell a child I want to be near you.
- Kind words, encouragement, talking—Words of affirmation or kind words are always a great way to boost anyone’s mood.
- Spend time together—Do a favorite activity, go someplace special to the 2 of you, play their favorite game. Whatever the activity, try to focus on them and the time you have together, the rest of the world can wait for a while.
- Gifts, presents, rewards—small gifts of affection can show your child that you are thinking of them. Remember it does not have to be big or expensive just something small to show them you are thinking of them.
- Love Notes, letters, cards or texts—A love note on their pillow, on the bathroom mirror, or in their lunch box can give them a little boost and show them how much you care. On the next page we have included a little craft you can do with your child to share with someone they love!

No matter how you show it or say it... telling your little one’s “I love you” can mean the world to them!





## I LOVE YOU TO PIECES CRAFT

*Submitted by Jennie Treadway, Program Coordinator*

This craft helps your child build fine motor skills. Just simply give them some colored paper, glue stick and let them create a one-of-a-kind piece for someone they love.

Download the template here: <https://bit.ly/3m3WISv>

Here are some other fun ways to help young children build fine motor skills:

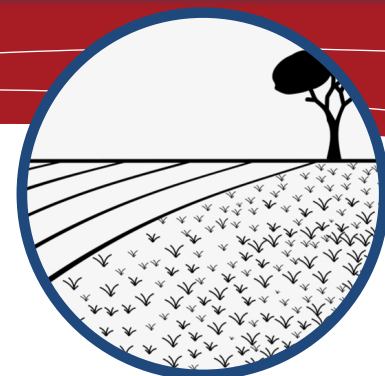
- **Play with Tongs:** Kid-friendly tongs can be found just about anywhere. Using tongs, have children move pom-poms or small balls of paper from a bowl to individual sections of an egg carton.
- **Hole Punch:** A hand hole-puncher is a great way to build hand muscles. Challenge your child to punch as many holes as he can using one hand—or both!
- **Stamping:** Kids love stamps! Stamping pictures, scenes, and designs will help develop muscles and grow creative children.
- **Play Dough:** Rolling, squishing, and flattening play dough, along with making little balls, snakes, or shapes is a super exercise for hand muscles.
- **Pop Bubble Fidget Toy-** these toys are everywhere right now and a great way for young children to practice fine motor skills without even knowing they are working on their development.



When your child plays, they learn about them self and their surroundings. This includes how to coordinate their body movements, talk with friends, apply rules, and more. The Sensory and Developmental Screening Team provides a FREE screening to see if your child is meeting some of their milestones.

Screenings are recommended for ALL CHILDREN to make sure children are meeting ALL their milestone goals. You can complete a screening online at <https://www.asgonline.com/family/c426ba> or call today at (520) 836-5221, x236 for an appointment with one of our screeners via Zoom or over the phone.

# FIELD CROPS SYSTEMS



## HUNTING THE GREEN MENACE

*Submitted by Blase Evancho, Assistant in Extension*

The loss of irrigation water from the Central Arizona Project (CAP) in Pinal County has been in national headlines for months. This complex issue has economic and cultural implications for Pinal County residents. While these issues are being addressed by lawyers, policy makers and water specialists, Pinal County Ag Extension has its focus on crop water use and irrigation management.



With water being the limiting resource for Pinal County growers, we always keep a keen eye on how we can help growers maximize their irrigation water allotment. We have research programs focusing on marketable crops that have low water requirements. One of these crops is chickpeas. This crop is traded on the world market, grows well in Pinal County and requires approximately half as much water as cotton. A variety trial completed in 2021, yielded between 2,200-2,800 pounds of organic chickpeas per acre. This low input crop may have place on more acres as we look to the future. A second crop we are focusing on is guayule. This plant produces rubber inside the plant which is its key economic product. It also produces many resins which

are currently being researched for a wide range of applications from adhesives to pharmaceuticals. The 3<sup>rd</sup> product of this plant is the remaining wood pulp which may be used for construction products or biofuels. The Sustainable Bioeconomy for Arid Regions (SBAR) USDA grant has vast amounts of research ongoing that is focusing on how best to utilize all of these coproducts to maximize the profitability of this desert shrub. Together with Bridgestone tire company, this alternative cropping option will be expanding in the spring of 2022. Click the link below to read more about the fascinating research ongoing by SBAR researchers: <https://sbar.arizona.edu/>

Recent experiments in silage corn fields where soil moisture levels were monitored at multiple depths showed that field leveling and irrigation scheduling are paramount for maximum silage corn production and irrigation water efficiency. We are also investigating a field leveling system that a Coolidge grower utilizes to level fields along their natural contour. This reduces the amount of soil to be moved in a field, reducing costs and reducing lost yields from deep cuts that remove top soil.

While the loss of irrigation water from CAP will be impactful for our region, Pinal County Ag Extension is searching for new ways to support field crop growers and keep their production systems profitable. We will continue to assist our growers to produce high quality crops as efficiently as possible.



# STRENGTHENING FAMILIES



## LEARNING SKILLS FOR POSITIVE RESULTS

*Submitted by Esther Turner, Program Coordinator, Sr.*

The Strengthening Families Program (SFP) 3-5 is an evidence-based family skills training program for families with children ages 3-5 that is recognized both nationally and internationally. Parents and youth attend weekly SFP skills classes together, learning parenting skills and youth life and refusal skills. They have separate class training for parents and children the first hour, followed by a joint family practice session the second hour.

The five protective factors are the foundation of Strengthening Families that have been shown to make positive outcomes more likely for young children and their families, and to reduce the likelihood of child abuse and neglect. A quick reminder of these characteristics can be found with the fingers on your hand.

For more information on the classes starting in January, call Esther Turner at 520-836-5221, ext. 211.



### Social and Emotional Competence of Children

Use your thumb to remember Social & Emotional Competence of Children because a "thumbs up" is one of the first ways we learn to communicate our emotions.



### Knowledge of Parenting and Child Development

Your index finger represents Knowledge of Parenting and Child Development because you are your child's first teacher!



### Social Connections

Your middle finger can help you remember Social Connections because it should never stand alone! We all need a positive social network.



### Parental Resilience

Your ring finger stands for Parental Resilience because your first commitment must be to yourself in order to be strong for others.



### Concrete Support in Times of Need

Your pinky finger signifies Concrete Support in Times of Need because it is the smallest finger and reminds us that we all need help sometimes.



THE UNIVERSITY OF ARIZONA

Cooperative Extension

Pinal County



**EFNEP**  
Expanded Food and Nutrition Education Program  
Making a Difference

### Are you ready to live “Healthy for Life”?

Join us, The *University of Arizona*, Cooperative Extension **EFNEP** program for a **FREE** series of nutrition education classes. Topics include:

- Added Sugar is Not so Sweet**
- Whole Grain Hacks**
- Exercise is within your Reach**



Classes include physical activities and healthy recipe demonstrations. All participants that complete the Pre and Post Food Recall surveys and attend all classes will receive a certificate of completion along with **FREE** educational reinforcements at each class. Classes can be scheduled as a group or individually in Pinal County. Classes are available in-person and through Zoom.

For more information please contact

**Esmeralda Castillo**

**University of Arizona Cooperative Extension, Pinal County**

**820 East Cottonwood Lane, #C**

**Casa Grande, AZ 85122**

**(520) 836-5221 Ex. 244**

**[ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)**



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Requests should be made as early as possible to allow time to arrange the accommodation.



THE UNIVERSITY OF ARIZONA



# Ten Tips for Packing Waste-Free Lunches

By *Laura M. Stanton*  
Ohio State University Extension



- 1 **Start with a reusable lunch box or bag.** Avoid single-use items like disposable plastic or paper bags. Personalize, monogram, or label your reusable lunch container and items so they do not get lost.
- 2 **Pack reusable utensils.** Avoid disposable plastic forks, spoons, and knives. Pack utensils made of durable plastic, bamboo, or stainless steel. Consider buying used utensils from a thrift store or using what you already may have at home.
- 3 **Scan your refrigerator and cupboards for appropriate lunch items** so you can stretch your food budget and reduce wasted food in your home.
- 4 **Use food storage containers made of cloth, durable plastic, glass, or stainless steel** that can be re-used. Avoid plastic baggies, plastic wrap, and aluminum foil. Use glass or ceramic containers to heat food items.\*
- 5 **Drink from a re-fillable beverage container.** Avoid single-serving drink boxes, pouches, cans, and bottles. Filtered water in a reusable bottle is the healthiest and least expensive option. Skip the straw or purchase one that is reusable and can be cleaned after each use.
- 6 **Bring your own dips and condiments.** Single-use items are expensive and cost more money in the long run. Use small, reusable containers for salad dressings, ketchup, and other condiments and side dishes.
- 7 **Consider your napkin.** If you prefer paper napkins, purchase napkins that are made from 100% recycled paper. The most sustainable option is a cloth napkin. Remember to use environmentally safe detergent to wash them and line-dry to save energy.
- 8 **Compost fruit or vegetable scraps.** If composting is not currently offered, investigate what it would take to implement a composting program at home, school, or the office. Every item you compost makes a difference.
- 9 **Recycle what you can.** Check with your local waste hauler to understand what items are recyclable in your area.
- 10 **Host a waste-free challenge** at school, at your workplace, or in your home to see how small changes can lead to big reductions in waste.

**M**aking these small changes can make a big difference and help protect our environment. However, these changes can take time and money. If it seems too expensive, start small and recognize you will save money over time, especially if you ditch the more expensive, single-serve products and buy in larger quantities. For example, buying one large bag of pretzels and putting them in your own reusable containers is much cheaper than buying individual, single-serving bags of pretzels.

Remember you may have many of these reusable items or containers already so reuse what you have. If you need to purchase new items, consider buying from a local thrift store or zero waste store.

*\*Due to health concerns related to the chemicals used to make plastic, medical professionals and researchers suggest avoiding plastic to store, re-heat, or cook food.*



COOPERATIVE EXTENSION

Arizona Project WET

Arizona Water Festival

# Coolidge Water Festival



## Volunteer with us!

Join us for the 1st Coolidge Water Festival, an educational field day event that instills a deeper understanding of water in the earth system and Arizona's water resources to:

- Celebrate science and water stewardship
- Activate hands-on learning activities for students
- Contribute to your community

Estimated attendance  
250+ 4<sup>th</sup> grade  
students from Coolidge  
Unified School District



## We need YOU!

We'll train you on January 24th, 2022 on how the Water Festival works. Then, at the Water Festival event on February 2nd you will teach the lesson you were trained on. We will provide snacks throughout the day and lunch.

Interested Sign up at

<https://awf.projectwet.arizona.edu/volunteers>

Volunteer training date

January 24th, 2022

Time and Location

TBD



Festival date

February 2nd, 2022

7:30am – 2:30pm

Location

TBD

Questions? Contact Shevy Joyner at [shevondajoyner@arizona.edu](mailto:shevondajoyner@arizona.edu)

Watershed Sponsor— Arizona Water Company & City of Coolidge



COOPERATIVE EXTENSION

Arizona Project WET

Arizona Water Festival

# Maricopa Water Festival

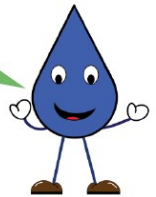


## Volunteer with us!

Join us for the 8th Annual Maricopa Water Festival, an educational field day event that instills a deeper understanding of water in the earth system and Arizona's water resources to:

- Celebrate science and water stewardship
- Activate hands-on learning activities for students
- Contribute to your community

Estimated attendance  
450+ 4th grade  
students from  
Maricopa Unified



## We need YOU!

We'll train you on January 27th, 2022 on how the Water Festival works. Then, at the Water Festival event on February 8th you will teach the lesson you were trained on. We will provide snacks throughout the day and lunch.

Interested Sign up at  
<https://awf.projectwet.arizona.edu/volunteers>

### Volunteer training date

**January 27<sup>th</sup>, 2022**  
4:00pm – 6:30pm  
Maricopa Agricultural  
Center (MAC)  
37860 W Smith Enke Rd



### Festival date

**February 8<sup>th</sup>, 2022**  
7:30am – 2:30pm  
Copper Sky Recreation  
Complex, 44345 Martin  
Luther King Jr. Blvd.

Questions? Contact Shevy Joyner at [shevondajoyner@arizona.edu](mailto:shevondajoyner@arizona.edu)

**Watershed Sponsor— Global Water & Abbott Fund**



**STARTING SOON!**

## Class Details



**WHEN:**

Classes begin Thursday, January 27, 2022 at 11:00am. The program lasts 12 months. See class schedule



**ELIGIBILITY:**

Must be over 18, BMI of 25 or above, Diagnosis of pre-diabetes or be eligible by a simple questionnaire.



**WHERE:**

Casa Grande Community Recreation Center, 1905 N. Peart Rd. Casa Grande



**CONTACT:**

Esmeralda Castillo  
ecastill@cals.arizona.edu

# University of Arizona Diabetes Prevention Program

The University of Arizona Cooperative Extension offers the Diabetes Prevention Program (DPP) across the state. The program is designed for those who are at high risk of developing type two diabetes or who have been diagnosed with prediabetes.

- Proven lifestyle change program
- Cut your risk of developing diabetes in half!
- Learn how to develop healthy behaviors to prevent diabetes
- **FREE OF CHARGE!**

For more info or to access the questionnaire visit: [www.preventdiabetesaz.org](http://www.preventdiabetesaz.org)



UNIVERSITY OF ARIZONA COOPERATIVE EXTENSION  
**NATIONAL DIABETES  
PREVENTION PROGRAM**



THE UNIVERSITY OF ARIZONA  
**Cooperative Extension**



# Class Schedule

Class Title	Date & Time	Class Title	Date & Time
Introduction to the program	1-27-22 11:00 – 12:00	Get support	5-12-22 11:00 AM
Get active to prevent T2	2-3-22 11:00 AM	Eat well away from home	5-26-22 11:00 AM
Track your activity	2-10-22 11:00 AM	When weight loss stalls	6-9-22 11:00 AM
Eat well to prevent T2	2-17-22 11:00 AM	Stay motivated to prevent T2	6-23-22 11:00 AM
Track your food	2-24-22 11:00 AM	Take a fitness break	7-7-22 11:00 AM
Get more active	3-3-22 11:00 AM	Stay active to prevent T2	7-21-22 11:00 AM
Burn more calories than you take in	3-10-22 11:00 AM	Stay active away from home	8-4-22 11:00 AM
Shop and cook to prevent T2	3-17-22 11:00 AM	More about T2	8-18-22 11:00 AM
Manage stress	3-24-22 11:00 AM	More about carbs	9-1-22 11:00 AM
Find time for fitness	3-31-22 11:00 AM	Have healthy food you enjoy	9-29-22 11:00 AM
Cope with triggers	4-7-22 11:00 AM	Get enough sleep	10-27-22 11:00 AM
Keep your heart healthy	4-14-22 11:00 AM	Get back on track	11-17-22 11:00 AM
Take charge of your thoughts	4-24-22 11:00 AM	Prevent T2 for life	12-22-22 11:00 AM

# FIND US. LIKE US. FOLLOW US.

## Facebook Pages:

- Pinal County Garden and Landscape Program
- Maricopa Master Gardeners
- Pinal County 4-H
- Child Care Health Consultation for Pinal County, AZ
- Sensory & Developmental Screening

Website: [CALS, Pinal County](http://CALS.Pinal.County)

Twitter: [@RickGibson4](https://twitter.com/RickGibson4)

Blog: [ricksgardenspot.blogspot.com](http://ricksgardenspot.blogspot.com)



Cathy L. Martinez, Cooperative Extension County Director  
Blase Evancho, Field Crops Systems Assistant in Extension  
Victor Jimenez, 4-H Youth Development Agent  
Anne LeSenne, Horticulture Agent

[clmartin@cals.arizona.edu](mailto:clmartin@cals.arizona.edu)  
[bee1@cals.arizona.edu](mailto:bee1@cals.arizona.edu)  
[vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)  
[annelesenne@arizona.edu](mailto:annelesenne@arizona.edu)

**4-H** provides educational opportunities for youth to become capable and contributing members of a global community. Children, ages 5-19, learn about healthy lifestyles, animals, plant sciences, and leadership.

Contact: Maria Melendez at (520) 836-5221, or [mmelende@cals.arizona.edu](mailto:mmelende@cals.arizona.edu)

**AZ Health Zone** is a program designed to influence healthy eating and active living in a positive way that promotes health and reduces disease among all people living in Arizona.

Contact: Kevin Bawden at (520) 836-5221, x216 or [kbawden@email.arizona.edu](mailto:kbawden@email.arizona.edu)

**Child Care Health Consultations (CCHC)** develops relationships with childcare facilities to provide training to staff that will improve their knowledge and practice in the childcare setting.

Contact: Shelby Gibson at [shelbygibson@email.arizona.edu](mailto:shelbygibson@email.arizona.edu)

**Choose Health Action Teen (CHAT)** is designed to recruit teens to teach younger children the benefits of healthy eating and active living. Teens also participate in community service events.

Contact: Esmeralda Castillo at (520) 836-5221, x244 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**Developmental Screening Program** reaches out to families with children, ages 0-5, to screen for early developmental milestones such as gross and fine motor skills, communication, personal-social skills, and problem-solving capacities.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Expanded Food and Nutrition Education Program (EFNEP)** is a nutrition education class designed to assist limited resource families in eating smart and being active and in acquiring the knowledge, skills, and behavioral changes necessary to contribute to their personal development and the improvement of the total family diet, nutritional and physical well-being.

Contact: Esmeralda Castillo at (520) 836-5221, x244 or [ecastill@cals.arizona.edu](mailto:ecastill@cals.arizona.edu)

**Field Crops Systems** uses research and education efforts to work to improve field crop productivity and global food and fiber supply, farm economic viability, and protecting the environment.

Contact: Blase Evancho at (520) 836-5221, x215 or [bee1@cals.arizona.edu](mailto:bee1@cals.arizona.edu)

**Financial Literacy & Positive Discipline Parenting** will help individuals gain the knowledge, self-esteem, self-efficacy and self-awareness to become in control of their finances, and thus improve their lives controlling their financial health. This program will help with daily stressors such as: worrying about electric bills, putting food on the table and wondering if they have somewhere to sleep tomorrow night, which all influences the way individuals interact with their child(ren), their families and their communities.

Contact: Sybil Peters at (520) 836-5221 or [sybilpeters@arizona.edu](mailto:sybilpeters@arizona.edu)

**First Smiles** is an oral health program that provides preventative oral health education, oral screening, referral to dentists for children birth to age five and pregnant women; and fluoride varnishing for children with emergent teeth up to age five.

Contact: Greeta Mills at (520) 836-4651, x235 or [g Mills@email.arizona.edu](mailto:g Mills@email.arizona.edu)

**MAC (Maricopa Agricultural Center) Farm Ag-Ventures** educational programs include a combination of videos, educational presenters, hands-on learning experiences and tractor-trailer rides around their 2,200 acre farm for a close-up view of what makes a working farm operate.

Contact: Victor Jimenez at (520) 374-6216 or [vicjimenez@yahoo.com](mailto:vicjimenez@yahoo.com)

**Master Gardener Program** provides practical information to those desiring to improve the quality and effectiveness of desert gardens and landscapes.

Contact: Master Gardener Volunteers at [macmastergardener@gmail.com](mailto:macmastergardener@gmail.com)

**Project WET (Water Education for Teachers)** is a program designed to teach educators how to better integrate water education, water conservation, and best management practices for water use into their curriculums.

Contact: Miriam Aleman at (520) 836-5221, x or [mia1@email.arizona.edu](mailto:mia1@email.arizona.edu)

**Sensory Screening Program** provides free screenings of children, ages 0-5, for vision and hearing impairments that could affect developmental growth.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)

**Strengthening Families Program** is a parenting and family strengthening program for families with children ages 3-5, that focuses on strengthening parental bonds with their children and learning more effective parenting skills.

Contact: Esther Turner at (520) 836-5221, x211 or [eturner@cals.arizona.edu](mailto:eturner@cals.arizona.edu)