



# EXTENSION UPDATE

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING

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## Deciphering Food Labels and Claims



By Jennifer Werlin, Extension Educator Community Food Systems University of Idaho, Teton County Extension

With today’s often bewildering health claims on food product packages and labels, it can be difficult to discern which food label claims are trustworthy. Modern food companies use catchy terms to help sell and add perceived value to their products. Common examples include, locally grown, free-range, hormone free, GMO free, and natural. How does one know whether these claims are factual, regulated by the government or third-party certifiers, misused, or simply “green washing”? It can be hard and often time consuming to research these claims, so in this Farm-to-Fork Column, I am hoping to help shed some light on the meaning of some of these food labels so that you can make your own informed food purchases.



Organic (aka Certified Organic) foods must adhere to strictly regulated federal standards under the U.S. Department of Agriculture (USDA) National Organic Program. This certification is mandatory for farmers selling over \$5,000 in annual products. To say a product is “organic,” 95% or more of the ingredients must be organic and grown with fewer pesticides and without synthetic fertilizers or Genetically Modified or

Genetically Engineered (GE) products. For meat products, animals must be fed organic feed and raised without the use of antibiotics.

Organic doesn’t strictly define production practices related to space per animal or outdoor access requirements. The USDA has also ruled that hydroponic and aquaponic products remain eligible for organic certification. Processed organic foods cannot contain artificial ingredients unless they are also reviewed and cannot contain preservatives or artificial flavors or colors.

No-spray/pesticide free products have no third-party or legal verification, but these claim to use no pesticides, herbicides, or fungicides.



Natural products have little government regulation, but Consumer Reports has found that 62% of shoppers seek out the label “natural.” This claim doesn’t mean no pesticides or antibiotics, nor if the animals are raised on pasture or feedlots, etc. The USDA defines natural as a product containing no artificial ingredients or added colors and is only minimally processed (not fundamentally altering the raw product). The label must explain the use of the term “natural” (e.g., no added colorings).

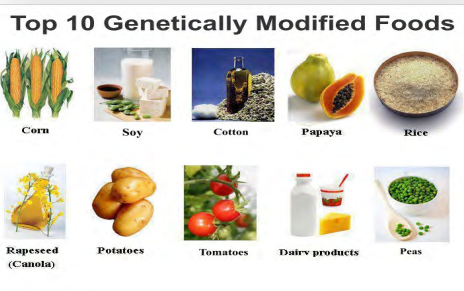
*(Continued on page 2)*



Naturally-raised is a term that is not allowed to be used on a label according to the USDA- Food Safety and Inspection Service (FSIS), however, some companies still use this term on their websites. Certified Naturally Grown is a non-profit organization that tailors to small-scale and direct-market farmers using natural methods. The label uses participatory guidance system that employs a peer-reviewed inspection process built on local networks. There is not third-party verifier of these standards.



Non-GMO/GE (genetically modified/genetically engineered or bioengineered) is defined by the USDA-FSIS. This claim can only be made if the product has been audited by a third-party certification body that has made their standards for certification publicly transparent on a website and are truthful. Non-GMO doesn't necessarily address larger environmental or welfare issues associated with intensive farming.



Genetically Modified Organisms (GMOs)/ Genetically modified (GM)/ Genetically engineered (GE)/Genetically improved foods (GIFs) are plants or animals that have genetically altered traits or genes that would not normally be there. Essentially, genes are copied from one organism that has the desired trait and transferred into the genetic code of another organism. Gene editing introduces genes from the same species. GMO's do not have to be labeled. There are public concerns about the environmental and hu-

man health impacts of GMO foods such as the use of environmentally damaging pesticides.



Biodynamic agriculture is based on the work of the Austrian philosopher, Rudolf Steiner. It is strictly regulated and goes beyond organic, envisioning that the farm is a self-sustaining organism. Farmers don't use pesticides or synthetic fertilizers, but utilize cover crops, compost, and set aside at least 10% of their total acreage for biodiversity. Farmers utilize strict animal and mineral preparations and the rhythms of the sun, moon, planets, and stars to guide their planting and harvesting practices. The entire farm is certified by the Demeter Association, Inc. Interestingly, Teton County, Idaho has three certified Biodynamic Farms.

Grassfed as defined by the USDA-FSIS refers to the diet that animals are fed prior to harvest and processing. The animals are required to only eat the diet claimed for the lifetime of the animal, except for milk consumed prior to weaning. This label can only be applied to meat products derived from cattle that consume forage, and the animals cannot be fed grain or grain by-products. Claims not verified by a trusted third-party certifier are not regulated. The label also doesn't indicate if animals were given antibiotics or hormones or offer any assurances about animal welfare practices. FSIS doesn't require any on-farm verification, just a signed affidavit from the farmer.

Hormone and antibiotic free labels are not a legal or regulated definition and are not permitted for use on the label, however some companies still use the description on their websites.

Free range and cage free are unverified claims. While most laying hens are raised in cages, boiler or meat chickens are nev-

er raised in cages. The USDA-FSIS defines free range as poultry that have access to the outdoors (like an open door) for at least 51% of their lives, although the conditions of the outdoor area and whether the animal actually goes outdoors are not verified. There are no other assurances about animal welfare or environmental practices, or the feed given to the birds.

Locally grown products are a subjective term, but commonly refer to food and farm products that are grown within a 100 to 200-mile radius before consumption. Like many other claims that are not third party or organically certified, these claims are not regulated and there is no legal definition.



While these terms may spur more questions than answers, it can behoove us to think more deeply about the food choices we make and the power of food marketing. Many consumers like to know the farmers that grow their food and if they could visit the farm their food comes from if necessary. The value of supporting local food producers cannot always be verified with a food label. Supporting farmers and ranchers at our farmers markets or through Community Supported Agriculture (CSA's) are just a couple of ways to become more informed and connected to our food system. For further information about food labels, check out Consumer Reports, the USDA-Food Safety and Inspection Service (FSIS), and A Greener World's "Food Labels Exposed" app or website.



# Idaho Potato Conference



**January 22, 2025 – January 23, 2025**

**Idaho State University**

921 South 8th Avenue  
Pocatello, ID 83209

Registration prior to midnight on Wednesday, January 15 is \$40/person.

After January 15, registration will be available on site for \$50/person.

**Save time and money  
register early**

Join us at the 57th annual Idaho Potato Conference and Eastern Idaho Ag Expo presented by the University of Idaho and Spectra Productions Jan. 22-23, 2025.

Attend educational presentations and workshops and take some time to visit the adjoining trade show that features over 70 booths and displays highlighting agricultural products and services.

Seminars and workshops in Spanish will be held and include a wide variety of topics from beneficial insect identification to farm safety discussions.

Earn CCA (CEU) and pesticide recertification credits at seminars and workshops throughout the in-person conference.

Registration:

- Prior to midnight on Wednesday, Jan. 15 \$40/person
- After Jan. 15 registration onsite for \$50/person
- Save time and money and register early

## New this Year

Join us at the Pocatello Red Lion from 4-6 p.m. on Tuesday, Jan. 21 for a preconference social.

Grab your conference nametag (no waiting in line on Wednesday) and enjoy snacks and a complimentary beverage courtesy of the Idaho Potato Conference.

[Personal Information - 2025 Idaho Potato Conference](#)





# 2024-25 Heritage Orchard Conference



The Heritage Orchard Conference was established in 2019 with an in-person conference held at the University of Idaho's Sandpoint Organic Agriculture Center in the Idaho Panhandle. The conference attracted a diverse group of heritage tree fruit enthusiasts from the Pacific Northwest for a day of presentations ranging from heritage fruit exploration to apple identification. Since 2020 the conference has been organized as a free monthly webinar series (October through April), extending our reach to nearly 2,000 participants from 27 countries. The series currently has 29 recorded webinars available for viewing on a wide range of topics related to heritage fruit tree preservation, production and varietal identification. Join us for the 2024-25 series to hear from new presenters on topics important to heritage fruit tree enthusiasts around the world.

## Wednesdays | 10-11:30 a.m. Pacific Time (U.S. & Canada)

- **Oct. 16 — Apple identification 101** John Bunker, Maine Heritage Orchard
- **Nov. 20 — Starting a home orchard with heritage varieties** Kyle Nagy, Sandpoint Organic Agriculture Center, University of Idaho
- **Dec. 18 — Nuisance wildlife management in the orchard** Josh Fuder, University of Georgia
- **Jan. 15, 2025 — Season long apple disease management programs and tips** Kerik Cox, Cornell University
- **Feb. 19 — Managing orchards for soil health** Tianna DuPont, Washington State University, Tree Fruit Research and Extension Center
- **March 19 — MyFruitTree.org: Helping identify, document, preserve and utilize U.S. heirloom apple cultivars** Cameron Peace, Washington State University

**April 16 — Forgotten fruit, forgotten farmers: North America's earliest apple history** Todd Little-Siebold, College of the Atlantic

<https://youtube.com/playlist?list=PL0E60BSiNJBGbuDymXRJMBIm5EcliPAYF>

Register today scan QR Code





## Largest Cereal School

University of Idaho Extension will host its biggest cereal school ever, covering a range of topics of interest to eastern Idaho grain farmers, on Feb. 5 at the Shoshone-Bannock Hotel and Event Center, 777 Bannock Ave.

In prior years, UI Extension hosted six smaller cereal schools — each drawing between 20 and 60 guests — in St. Anthony, Idaho Falls, Soda Springs, Preston, Pocatello and Burley. For 2025, Extension is planning a single “East Idaho Cereals Conference” in Fort Hall that will serve up to 280 eastern Idaho farmers, as well as others who work in the agricultural sector.

“It’s always been a struggle for us to get speakers because they have to come and travel around with us for the whole week,” said UI Extension Educator Justin Hatch, Caribou County, who is the head of the event’s planning committee. “Our hope is that this will bring in speakers and make it a bigger event that’s more beneficial to more people and consolidate our efforts into one event that’s really good.”

[Registration](#) for the event will be \$25 in advance, with preregistration available through Jan. 23, or \$35 at the door. Lunch is included. Onsite registration will open at 8 a.m., followed by a welcome in the main conference room at 9 a.m. The day’s final session will end at 4 p.m.

Presentations open to all participants in the main conference room will include an economic outlook by UI Extension Agricultural Economist Brett Wilder; talks by leaders with the Idaho Wheat Commission, the Idaho Barley Commission and the Idaho Grain Producers Association; and a panel discussion on

the water outlook and details of an agreement to avert water-call curtailments. The water panel will include Craig Chandler, watermaster of Water District 1; James Cefalo, Idaho Department of Water Resources eastern regional manager; Mark Dallon, hydrologist with the National Weather Service’s Pocatello field office; and Pocatello-based water attorney T.J. Budge.

The agenda also includes multiple breakout sessions that will be offered concurrently. One room will be devoted to pesticide-related topics, and pesticide applicator recertification credits will be awarded. Other breakout rooms will focus on local research covering topics such as lime applications, variety selection, cost of production, nutrient barley residue biomass, new U.S. Environmental Protection Agency regulations related to endangered species, mitigating drift while using drones for pesticide applications, mixing growth regulators with herbicides, wild oat control and risk management.

Furthermore, several researchers will display posters on their projects, and vendors will showcase their products and services in the hall outside of the conference rooms.

“I think this format will allow us to share more topics people are interested in. We’ll be able to branch out to hot topics that are going on and still present local research, and we’ll meet the needs of our growers better,” Hatch said.

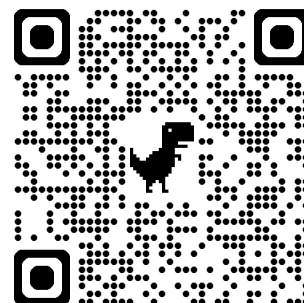
Please fill out [Registration form](#) by Thursday, Jan. 23

- Cost is \$25 through Jan. 23 or \$35 at the door

For more information, contact Justin Hatch at 208-547-3205 or [jlhatch@uidaho.edu](mailto:jlhatch@uidaho.edu)

REGISTER:

[https://uidaho.co1.qualtrics.com/jfe/form/SV\\_7PTv9XaQwSj1zHo](https://uidaho.co1.qualtrics.com/jfe/form/SV_7PTv9XaQwSj1zHo)







University of Idaho  
Extension



Join University of Idaho Extension for

## WINTER AGRICULTURE WORKSHOPS

### Lemhi County Cattlemen's Winter School

Jan. 7, 14, 21, 28 & Feb. 4 | Salmon | FREE

Contact Shannon Williams to learn more: [shannonw@uidaho.edu](mailto:shannonw@uidaho.edu) or 208-742-1696.

### Online Idaho Master Gardener Training

Jan. 15-April 2 | Online | \$200

Register at [bit.ly/IDMGBeginner](http://bit.ly/IDMGBeginner). Contact Lena Allen with questions: [lallen@uidaho.edu](mailto:lallen@uidaho.edu) or 208-529-1390.

### Whole Farm Planning

Jan. 23-April 25 | Online | \$90

Learn more at [www.cultivatingsuccess.org/whole-farm-planning-course](http://www.cultivatingsuccess.org/whole-farm-planning-course) or contact Colette DePhelps at [cdephelps@uidaho.edu](mailto:cdephelps@uidaho.edu).

### Water Management

Jan. 17 | Arco | FREE

Contact David Callister to learn more: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

### Butte County Gardening Series

Jan. 30, Feb. 13 & 27, March 13 & 27, April 10 | Arco | FREE

Contact David Callister to learn more: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

### East Idaho Cereals Conference

Feb. 5 | Fort Hall | \$25 in advance; \$35 at the door

Up to four pesticide credits available. Lunch will be served. Contact Justin Hatch to learn more: [jlhatch@uidaho.edu](mailto:jlhatch@uidaho.edu) or 208-547-3205.

### Idaho Home Garden Tips

Feb. 11-Oct. 28 | Online | FREE

Contact Lena Allen to learn more: [lallen@uidaho.edu](mailto:lallen@uidaho.edu) or 208-529-1390.

### Discoveries in Agriculture

Feb. 17 | Rexburg | FREE

RSVP required. Contact Jared Gibbons to learn more: [jaredg@uidaho.edu](mailto:jaredg@uidaho.edu) or 208-359-3215.

### Pesticide Use and Safety

Feb. 21 | Arco | FREE

Contact David Callister to learn more: [dcallister@uidaho.edu](mailto:dcallister@uidaho.edu) or 208-527-8587.

Persons with disabilities who require alternative means of program information or reasonable accommodations should contact the appropriate educator at least one week before the event. The University of Idaho is an equal opportunity affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, religion, origin, gender, religion, age, sexual orientation or disability.



UI Extension,  
Bonneville County

2025

  
IDAHO  
master  
GARDENER  
A UNIVERSITY OF IDAHO  
EXTENSION PROGRAM

# Master Gardener Class

Begins January 15, 2025

Wednesdays, 7:00pm

Classes and coursework online with in-person labs

Classes also include several hands on labs on topics such as pruning, grafting, and propagation

Following classes, there are many opportunities for hands-on volunteer training during the summer months. Master Gardeners must complete all of their classes, quizzes, MG final, and 40 hrs of volunteer service to achieve Master Gardener status.

Class fee \$200, \$155 refunded upon completion of coursework and associated hands-on volunteer training.

Registration: <https://bit.ly/IDMGBeginner>

Questions: [lallen@uidaho.edu](mailto:lallen@uidaho.edu)

Classes cover topics such as:

- Botany
- Composting
- Entomology
- Fertility
- Fruit production
- Fruit tree care
- Herbaceous Plants
- Insect pest control
- Landscape design
- Landscaping
- Market Gardens
- Organics
- Pathology
- Plant anatomy and physiology
- Propagation
- Pruning
- Season extension
- Soils/soil health
- Vegetable Production
- Woody plant selection and care

## For More Information:

208-529-1390

[lallen@uidaho.edu](mailto:lallen@uidaho.edu)

\*\*those in other counties are welcome to join our class if one is not offered in their county

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University of Idaho  
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UNIVERSITY OF IDAHO EXTENSION EDUCATOR  
JULIE BUCK



## MINIMIZE CONSUMER WASTE

Ready to save money by decreasing wasted food, and extend shelf life of produce in the refrigerator or freezer? Learn tips to improve your consumer habits at home or work including composting. Participants will receive reusable freezer containers, and handouts.

Free!!

**THURSDAY, JANUARY 23, 2025 6-7 PM**  
**UI EXTENSION BINGHAM COUNTY OFFICE**  
**412 WEST PACIFIC STREET, BLACKFOOT**

REGISTER 208-785-8060 BY JANUARY 17, 2025

UNIVERSITY OF IDAHO, U.S. DEPARTMENT OF AGRICULTURE, AND IDAHO COUNTIES COOPERATING. TO ENRICH EDUCATION THROUGH DIVERSITY, THE UNIVERSITY OF IDAHO IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER AND EDUCATIONAL INSTITUTION.





University of Idaho  
Extension



# TAI CHI CLASS

**TUESDAYS, JAN. 7-FEB. 25 | 11 A.M.**

**21620 US HWY 30, MONTPELIER OR ZOOM**

Join University of Idaho Extension for a free weekly Tai Chi class. Join in-person at the UI Extension, Bear Lake office, or virtually via Zoom.

Those wishing to join virtually must register to receive the Zoom link: [bit.ly/Extension-Tai-Chi](https://bit.ly/Extension-Tai-Chi) or scan the QR code.



## **MORE INFORMATION:**

**KURE@UIDAHO.EDU | 208-847-0344**

The University of Idaho provides and is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation or disability.



## PRESERVE @ HOME

University of Idaho Extension

Do you want to learn how to safely can, dry or freeze your garden's bounty? University of Idaho Extension invites you to enroll in Preserve@Home, an online 6-week food preservation class to teach individuals how to safely preserve a variety of foods.

Each lesson includes online text (that can be downloaded and printed), online discussion boards, a weekly real-time chat with instructors & classmates, and open book quizzes.

Start Date: January 16, 2025

### Lessons

- Foodborne Illness
- Canning Basics
- Canning Acid Foods
- Canning Low Acid Foods
- Canning Specialty Foods
- Freezing and Drying

**COST: \$35 REGISTRATION FEE**

Register online at

[https://marketplace.uidaho.edu/C20272\\_ustores/web/product\\_detail.jsp?PRODUCTID=2135](https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135)



### For More Information:

University of Idaho Extension, Franklin County  
franklin@uidaho.edu  
(208) 852-1097

### REGISTRATION DEADLINE:

**JANUARY 13, 2025**

The University of Idaho is an equal opportunity/affirmative action employer and educational organization. We offer our programs to persons regardless of race, color, national origin, gender, religion, age, sexual orientation, or disability.

Reasonable accommodations will be made for persons with disabilities and special needs contact Laura Sant, Franklin County Extension Educator, lsant@uidaho.edu, 208.852.1097.

**Online access NOT available after  
March 13, 2025**

\*\*At the conclusion, a final exam is given and a Certificate of Completion is awarded for those who achieve **70%** or greater of available points for the class.



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws

Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact Laura Sant one week before the starting date of the program at 208-852-1097 or [lsant@uidaho.edu](mailto:lsant@uidaho.edu)



## PRESERVE @ HOME

University of Idaho Extension

Preserve @ Home provides research-based food preservation education across geographical barriers. Participants learn how to produce high quality preserved foods and the science behind food preservation and food safety.

Individuals with little or no previous food preservation experience are welcome. Anyone with an interest in food preservation and food safety can enroll in **Preserve @ Home**.

**Enrollment & Payment Deadline  
January 13, 2025**

**Online Course Available/Start Date  
January 16 at 1:00 p.m. MT**

**Chats Thursday's 1:00 p.m. MT  
January 23 – February 27**



**Cost:** \$35 registration fee

Register online at

[https://marketplace.uidaho.edu/C20272\\_ustores/web/product\\_detail.jsp?PRODUCTID=2135](https://marketplace.uidaho.edu/C20272_ustores/web/product_detail.jsp?PRODUCTID=2135)

For more information, contact University of Idaho Extension, Franklin County at 208-852-1097 or franklin@uidaho.edu.



### Online Experience

Online classroom instruction using The Extension Foundation Campus that is monitored and facilitated by Extension Faculty.

Each lesson includes online text, online discussions to facilitate participant interaction, a video chat with classmates and instructors, and open book quizzes to assess knowledge gained.



### Lessons

1. Causes and Prevention of Foodborne Illness
2. Spoilage and Canning Basics
3. Canning Acid Food: Boiling Water Canner
4. Canning Low Acid Foods: Pressure Canner - Dial/Weighted
5. Canning Specialty Foods (jams, jellies and preserves; salsas; pickled & fermented foods)
6. Drying and Freezing

### Supplemental Materials

7. Nutritional Value & Cost of Preserved Foods
8. Miscellaneous Food Safety & Preservation
9. Preparing for and Coping with Emergencies and Disasters.
10. High Altitude Canning
11. Starting Right – Gardening for Success
12. Root Cellaring: Storing your Garden Harvest





## Medicare Workshop

Are you nearing 65 or have family members that you are trying to help with their retirement plans? This is the workshop for you. An Idaho Department of Insurance SHIBA representative will be here to explain Medicare and all its parts, answer questions, and de-mystify this healthcare program for you. In two hours, you will receive helpful resources, program updates, and peace-of-mind that you are on the right track.

**When:** Thursday, February 13, 2025 6:00 – 8:00 p.m. (PST)  
**Where:** Virtual Only - Online through Zoom

**Register in advance for this FREE Workshop:**  
<https://tinyurl.com/MedicareFeb25>  
 A Zoom link will be shared with you before the workshop.

**Questions?** Contact Karen (208) 883-2241 or [krichel@uidaho.edu](mailto:krichel@uidaho.edu)

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Karen Richel one week before the event at 200 S. Almon Street, Suite 201, Moscow, ID 83843, phone: 208-883-2241.

# Save the Date!!!!

Free Food

Fun Day

Bringing you & local financial resources together

Free Info

Bag O'Swag

*New Topics for Everyone... Men, Women and Teens!*

**When and Where:**

**Friday, April 4, 2025**      **LIVE Conference**      **8:00 – 3:30 (PT)**  
 Best Western Plus University Inn, 1516 W. Pullman Road in Moscow

**Registration Opens February 1<sup>st</sup> at**  
[uidaho.edu/financial-conference](https://uidaho.edu/financial-conference)      OR

**Cost for this Conference: Absolutely FREE!!!**

Sorry... childcare is not available at this event!

Persons with disabilities who require alternative means for communication of program information or reasonable accommodations need to contact Karen Richel one week before the event at 200 S. Almon Street, Suite 201, Moscow, ID 83843, phone: 208-883-2241.

Brought to you by Our AMAZING Community Sponsors  
 Come to see every one of them:



# AGELESS GRACE

## For Brain, Body and Balance

**JOIN OUR AGELESS GRACE CLASS!** 🧠💡

Ageless Grace is a group exercise class based on everyday movements that focus on healthy longevity of the body and mind.

**Starts  
Nov 15**

**\$ COST: Free for Members**

**WHERE: Idaho Falls Family YMCA**

**WHEN: Every Fridays**

**TIME: 10:30 AM – 11:30 AM**



## Dementia Friends Information Session



### What is Dementia Friends?

A Dementia Friend learns about dementia and then turns that understanding into action. Dementia Friends USA is a part of a global movement that is changing the way people think, act, and talk about dementia.

### Who can be a Dementia Friend?

Anyone can be a Dementia Friend. We all have a part to play in creating dementia friendly communities.

### What will I learn?

Through interactive activities and information you will learn what dementia is, and how it affects people, and how you can make a difference for people touched by dementia.

### How much does it cost?

The session is Free! You will be provided with a session workbook and certificate after attending.

**Join the Movement! Become a Dementia Friend Today!**

**Tuesday, December 10, 2024**  
**1:00-2:30 PM**  
**The Art Museum**  
**300 S Capitol, Idaho Falls**

**Register by calling**  
**208-529-1390**  
**or by emailing**  
**lblanch@uidaho.edu**



Community Care Program will be available after the session with additional information

The University of Idaho has a policy of nondiscrimination on the basis of race, color, religion, national origin, sex, age, sexual orientation, gender identity/expression, disability, genetic information, or status as any protected veteran or military status.

Persons with disabilities who require alternative means for communication or program information, or reasonable accommodations need to contact the Bonneville County Extension by at least two weeks prior to the event at 1542 E 73<sup>rd</sup> S, Idaho Falls, 208-529-1390 or [bonnevill@uidaho.edu](mailto:bonnevill@uidaho.edu)





Campers will explore the science of sound using Makey Makey kits to create musical instruments and interactive sound projects. They'll learn about sound waves, pitch, and conductivity as they experiment with everyday materials to trigger sounds. Campers will design and program projects like electronic drums or virtual pianos, while also developing problem-solving and creative skills. This camp is perfect for kids interested in science, music, and technology!

**FRIDAY JAN 31 2025**  
**10 AM - 3 PM**  
 UI Extension  
 445 North Main ST  
 Driggs, ID 83422

 Open to youth ages 8-18  
 Registration limited to 20 youth  
 \$40, non-refundable  
 Ticket Sales close 1/27 at 5 pm  
 Contact: Abby Grundler or Jennifer Brown  
 208-776-8235 teton4h@uidaho.edu



*Is a banana conductive?  
 The world is full of conductive objects & materials. Make musical circuits with objects, fruits, and simple office supplies.*

**University of Idaho**  
 Extension



The University of Idaho does not discriminate in education or employment on the basis of human differences, as required by state and federal laws. Anyone attending our program(s) that requires auxiliary aids or services should contact teton@uidaho.edu or 208-776-8235 at least 5 business days prior to the event.





# 4-H LEADER COUNCIL MEETING

All volunteer leaders & all 4-H club members 13+ are encouraged to attend



Mon Feb 3, 2025

5:30-7:00 PM


light snacks provided



445 North Main ST | Driggs, ID 83422  
208-776-8235 | teton4h@uidaho.edu



It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



**University of Idaho 4-H Youth Development**  
January 25<sup>th</sup>, 2025  
Arco, ID

Training offered in the following discipline:  
**Pistol**

(A minimum of 5 participants in a discipline are needed for that discipline to be held)

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

**Training Venue & Schedule**

**Location:** Arco Masonic Temple  
360 W. Grand Ave  
Arco, ID 83213

**Schedule:**  
Prior to January 24th: Complete all four Youth Development/Risk Management online modules / print & bring completion certificate.  
*(You will receive an e-mail confirming your registration which includes the link and code for doing these modules)*

**Saturday, January 25th, 2025**  
8:00 am – 12:00 Noon: Welcome; transition into Pistol discipline  
12:00 Noon – 12:30 pm: Lunch (provided)  
12:30 – 3:00 pm: Continue discipline instruction, and practicum.  
3:00 pm – 4:30 pm: Wrap-up, evaluation and discipline recognition

**Registration:** (includes facilities, instructor travel costs, online module costs, light breakfast, lunch, refreshments, and printed materials)

**Fee:** \$100/participant  
Make checks payable to: Butte County Extension

**Deadline:** Registration form, release forms and fees must be received by Monday, January 20, 2025 at 5:00 PM (see forms on next pages)

**Send to:** Butte County Extension  
PO Box 832  
Arco, ID 83213

**Contact:** 208-527-8587

In accordance with cooperative extension work in agriculture and home economics, Acts of May 9 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Barbara Perry, Director of University of Idaho Extension, University of Idaho, Moscow, Idaho 83844. The University of Idaho provides equal opportunity in education and employment on the basis of race, color, national origin, religion, sex, sexual orientation, age, disability, or status as a disabled veteran or Vietnam-era veteran, as required by state and federal laws.

**Registration is in ZSuite Events**

Learn

from the past,

Prepare

for the future,

Live

in the present!



Youth Registration  
is open!



Know Your Government 2025

February 15-17, 2025

SHOOTING SPORTS TRAINING

LEVEL 1 INSTRUCTORS

January 31 – February 1, 2025  
Rigby, ID

Training offered in the following disciplines:  
**Rifle & Archery**

For more details go to the link below:  
[https://4h.zsuite.org/iaoi/files/users/uploads/11688/2024-12-09\\_23-46-12\\_2025-Shooting+Sports+Rifle+Archery+-+Rigby\\_Frument+Caumy+@xtan.pdf](https://4h.zsuite.org/iaoi/files/users/uploads/11688/2024-12-09_23-46-12_2025-Shooting+Sports+Rifle+Archery+-+Rigby_Frument+Caumy+@xtan.pdf)

2025 4-H YOUTH DEVELOPMENT ADULT LEVEL 1

SHOOTING SPORTS TRAINING

February 22-23, 2025  
Caldwell / Nampa / Boise, ID

Training offered in the following disciplines:  
**Archery, Pistol, Rifle & Shotgun**

A minimum of 5 participants in a discipline are needed for that discipline to be held.  
Eye and ear protection provided, however, feel free to bring your own.

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained, and appointed as a current 4-H volunteer through their local County Extension Office
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification. **More information and registration are in ZSuite Events.**

**Deadline:** Registration form, release forms and fees must be received by  
**Friday, February 14th at 5:00 PM**

Note: space is limited; registrations taken on a first-come, first-serve basis until that discipline class is filled.



18 USC 707



# 2025 Hunting Level 1 Training

Saturday, February 1st, 8:00am-5:00pm  
at the Twin Falls County Extension  
630 Addison Ave W, Suite 1600  
Twin Falls, ID 83301  
South Entrance

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

Prior to February 1st:

Complete all four Youth Development/Risk Management online modules / print & bring completion certificate

**\$80 per participant**

Register using QR code  
by January 17th.



For questions, contact Tina Miller  
at 208-734-9590 or [tdickard@uidaho.edu](mailto:tdickard@uidaho.edu)



It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



# 2025 State 4-H Shooting Sports Archery Leader Training

Saturday, January 25  
at the Minidoka County Extension  
85 East Baseline Rd, Rupert, ID 83350

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

Prior to January 25:

Complete all four Youth Development/Risk Management online modules / print & bring completion certificate

Saturday, January 25, 2025:

9:00am – 12:00pm: Welcome; transition into discipline instruction  
12:00pm – 12:30pm: Lunch (provided)  
12:30pm – 5:00pm: Continue discipline instruction & practicum. Wrap-up, evaluation & discipline recognition

**\$75 per participant**

**Register using QR code  
by January 13**



Payment instructions will be  
emailed following registration

For questions, contact Jeni Bywater  
at (208)436-7184 or [jbywater@uidaho.edu](mailto:jbywater@uidaho.edu)



It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment.



# 2025 Shotgun Training

Saturday, March 8th, 8:00am-5:00pm  
at the Jerome Gun Club  
6425 US Highway 93  
Jerome, ID 83338

This statewide leader training and certification will support the State 4-H Policy regarding the 4-H Shooting Sports instructors in Idaho. The policy states that Idaho 4-H Shooting Sports instructors on the county level must:

- Be at least 21 years of age (18 years for assistant instructors)
- Be screened, trained and appointed as a current 4-H volunteer through their local County Extension Office.
- Successfully complete instructor discipline training administered/sanctioned through the University of Idaho 4-H Youth Development Office.
- Be trained and certified in any discipline(s) that they are teaching at the county level.
- Participants must attend the entire training and successfully complete all aspects to receive their respective discipline certification.

Prior to March 8th:

Complete all four Youth Development/Risk Management online modules / print & bring completion certificate

**\$80 per participant**

Contact the Twin Falls Extension to pay at 208-734-9590

**Register using QR code by February 24th.**



For questions, contact Tina Miller  
at 208-734-9590 or [tdickard@uidaho.edu](mailto:tdickard@uidaho.edu)



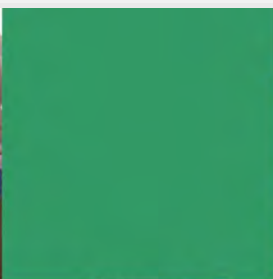
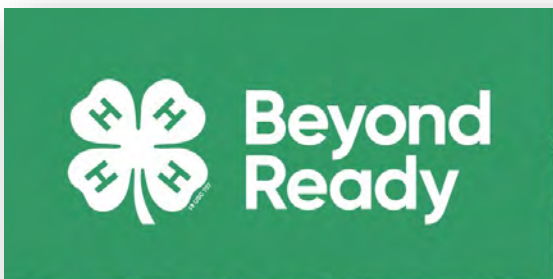
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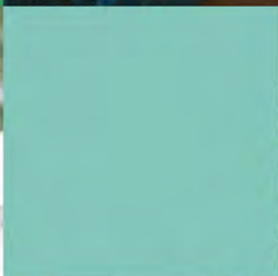


### Financial Aid and the Net Cost of College

Youth may have started saving money from a job or talking with their family about ways to pay for college. There are agencies and resources for them or adult helpers. During this activity, they will learn about the types of financial aid available to them and their family.



#4HBeyondReady





# EXTENSION UPDATE

## UPCOMING EVENTS

**Order Eastern Idaho State Fair Tags** by 1/15/2025 4 PM  
\$10 each Call 208-776-8235 and speak with Tammy

### THE SCIENCE OF SOUND STEAM CLUB DAY CAMP

1/31/2025 10-3 PM UI Extension, Teton County Office

**All Livestock projects must be signed up and paid** before  
February 1, 2025.

### LEADER COUNCIL MEETING

2/3/2025 5:30-7:00 PM UI Extension , Teton County Office

Leader Council Meeting . All Volunteer Leaders and 4-H club  
members 13+ encouraged to attend. Light snacks will be  
served.

**BEEF WEIGH-IN** 3/8/2025 9-10am Fairgrounds

**SWINE WEIGH-IN** 4/28/2025 4-6 pm Fairgrounds

**ANIMAL PAPERWORK DUE TO EXTENSION** HORSE, RAB-  
BIT, BREEDING LIVESTOCK, DOG, CAT, POULTRY AND MORE  
5/8/2025 4:00 PM

**SHEEP/GOAT WEIGH-IN** 5/27/2025 4-6 pm Fairgrounds

### TETON FOOD AND FARM COALITION

WEDNESDAY FEBRUARY 26, 2025

*Agenda: Partner updates, Overview of farm-to-school/  
institution efforts led by Mountain Roots Education*

12-1pm MT via Zoom Register:

<http://www.tetonfoodfarmcoalition.org/>



## CONTACT US

### UNIVERSITY OF IDAHO EXTENSION, TETON COUNTY

#### Mailing Address:

150 Courthouse Dr. #208. Driggs, ID 83422

#### Physical Address:

445 N. Main St., Driggs, ID. 83422

**Phone:** 208-776-8235

**Email:** [teton@uidaho.edu](mailto:teton@uidaho.edu)

**Web:** <https://www.uidaho.edu/extension/county/teton/4-h>

#### Staff:

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[jwelin@uidaho.edu](mailto:jwelin@uidaho.edu)

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Abby Grundler, 4-H Coordinator

[teton4h@uidaho.edu](mailto:teton4h@uidaho.edu)

