

## Dairy, Food and Nutrition Council

### Sponsors Exhibits

WILLIAMSPORT — Exhibits and poster sessions were some of the activities Dairy, Food and Nutrition Council recently sponsored at the annual meeting of the Pennsylvania Dietetic Association.

An update on calcium using National Dairy Council's videotape Calcium: A Research update was featured at the meeting. Dairy, Food and Nutrition Council sponsored speaker William Evans, from Tufts University in Boston. Dr. Evans spoke on Exercising and Aging.

Also featured at the meeting was information about programming developed by Dairy, Food and Nutrition Council including the computer programs NUTRAID and NUTRAPUZZLE, the education videotape Facilitating

Food Choices and the videotape OSTEOPOROSIS: The Silent Disease.

Dairy, Food and Nutrition Council staff involved in the activities include Virginia Corcoran, M.S., R.D., program director in Northeastern Pennsylvania; Kathleen Deady, M.S., nutrition education consultant in Binghamton; Cathy Ferraro, R.D., and Pamela Rusnak, nutrition consultants in the Williamsport office.

Dairy, Food and Nutrition Council is a non-profit organization funded by milk producers and processors to conduct educational programming promoting good health through good nutrition serving communities in Pennsylvania, New York and New Jersey.

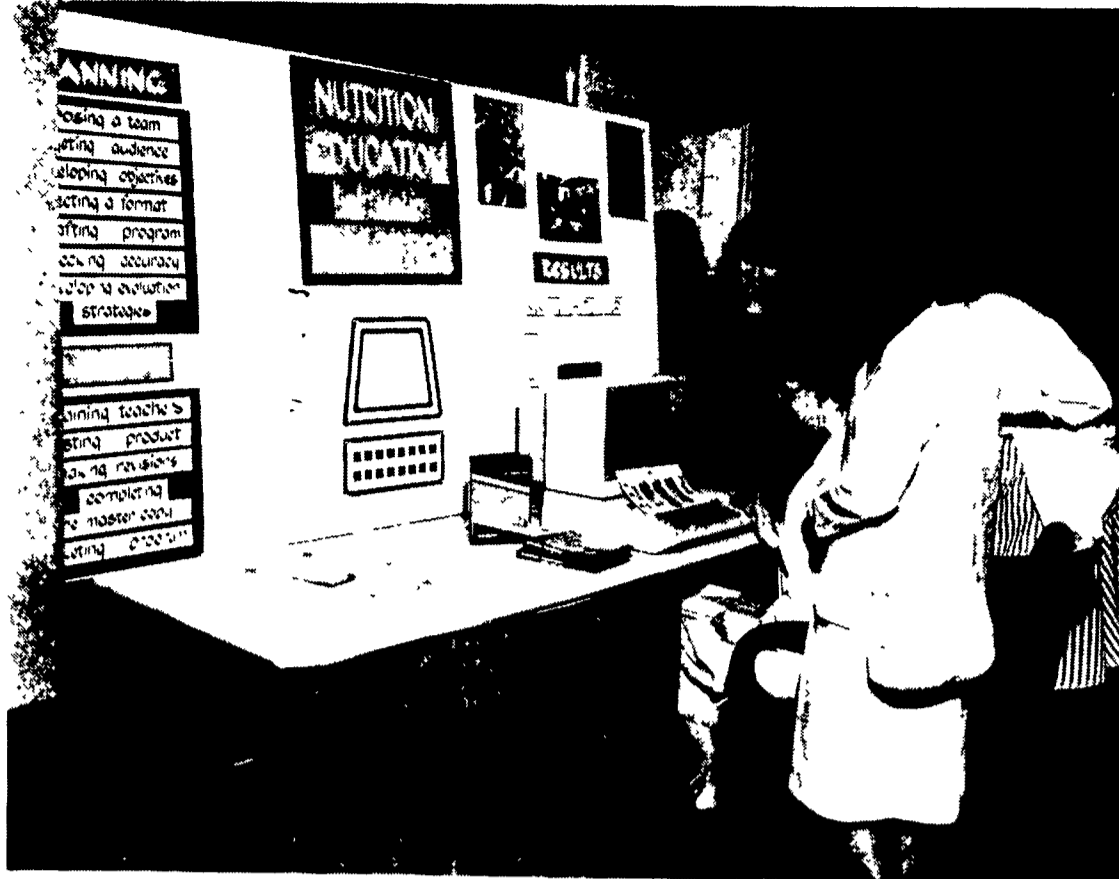
### 'How to calibrate a spreader'

NEWARK, DE — Calibrating a manure spreader is a simple, easy management practice that can help farmers make better use of the nutrients from manure. The procedure takes less than an hour and can save hundreds of dollars.

By knowing the application rates of a spreader, a farmer can apply correct amounts of manure to meet crop needs. Not only does this benefit the crop, it also reduces the chance of groundwater contamination.

Fact sheets describing two spreader calibration procedures are available from the Delaware Cooperative Extension Service. Procedure I tells how to calibrate for solid and semisolid manure. Procedure II describes a method of calibrating for liquid manure but can also be used on solid or semisolid manure.

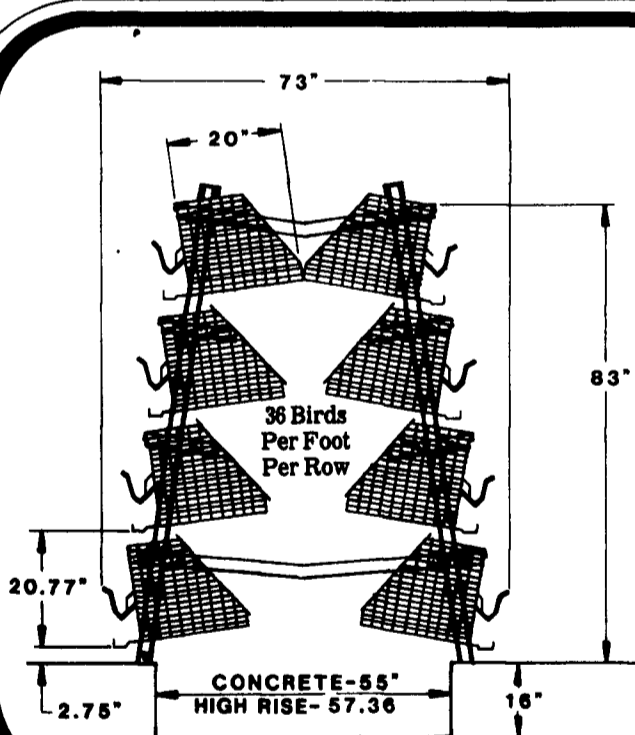
To obtain copies of either fact sheet, contact: J. Ross Harris, University of Delaware Extension Environmental Quality Specialist, J. Allen Frear Federal Building, 300 S. New Street, Room 2206, Dover, DE 19901 (302-736-1448). When ordering, specify Procedure I or Procedure II.



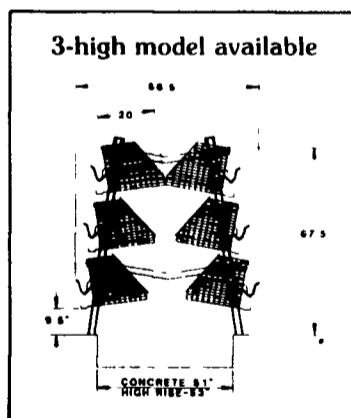
Pamela Rusnak, left, nutrition consultant for Dairy, Food and Nutrition Council, explains the use of the computer programs NUTRAID and NUTRAPUZZLE during the recent meeting of the Pennsylvania Dietetic Association.

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