

New Labels For Infant And Toddler Foods

Cedar Crest FFA Enters Record Books In State Contest

On February 11-13, the State FFA Record Book Contest was held at University Park.

More than over 410 of the best record books from Pennsylvania were entered.

Students kept records of their supervised agricultural experiences in the books. The judges scored the books on accuracy, completeness, neatness, and labor income.

Cedar Crest members won several awards. The winners were Scott Nolt, gold, corn grain; Scott Nolt, silver, dairy herd; Jeff Zimmerman, bronze, sweet corn; Jeff Zimmerman, gold, dairy calves; Stacy Krall, bronze, dairy herd; Jamie Risser, gold, beef finishing; John Harnish, bronze, beef finishing; John Harnish, silver, soybeans; Andy Martin, bronze, beef finishing; Andy Martin, bronze, corn grain; Jacob Frazier, silver, on-farm; Kevin Putt, gold, guinea pigs; Keith Wartluft, silver, on-farm; Matt Sensenig, bronze, on-farm; Matt Sensenig, bronze, on-farm and Dat Atkins, gold, on-farm.

Cedar Crest FFA Enters Project Book Contest

On January 30, the Lebanon County FFA Project Book Contest was held at the Cedar Crest High School.

Many books from all over the county were entered.

The judges scored the books on accuracy, completeness, neatness, and labor income. Here are the Cedar Crest results: Scott Nolt, gold, dairy herd; Scott Nolt, gold, corn grain; Jeff Zimmerman, gold, sweet corn; Jeff Zimmerman, silver, dairy calves; Stacy Krall, bronze, dairy herd; Jamie Risser, gold, beef finishing; John Harnish, bronze, beef finishing; John Harnish, gold, soybeans; Andy Martin, silver, beef finishing; Andy Martin, silver, corn grain; Jacob Frazier, silver, swine finishing; Kevin Putt, gold, guinea pigs; Keith Wartluft, silver, on-farm; Matt Sensenig, bronze, on-farm; Matt Sensenig, silver, on-farm; Dat Atkins, gold, on-farm; Bill Smeltzer, bronze, on-farm; Chris Kopley, gold, on-farm; Tim Boyer, silver, skills; Jason Hess, silver, skills; and Ed Showers, bronze, skills.

UNIVERSITY PARK (Centre Co.) — By May 8, most packaged foods will have a new nutrition label called Nutrition Facts. Versions of the new label also can be found on foods for infants and toddlers.

"Foods for children 4 years old and younger have a special label," says Dr. J. Lynne Brown, associate professor of food science in Penn State's College of Agricultural Sciences. "There also is a new label for infant foods."

The toddler label shows the serving size, servings per container (unless it's a single-serving container), total calories, calories from fat and all required nutrient amounts. "However, the Percent Daily Value for the major nutrients, the daily value table and the caloric conversion footnote are not listed as they are on the label for adults and children over age 4," says Brown. "Toddlers have

their own nutritional needs, and rules used to create the Percent Daily Values are not applicable."

Percentages listed for the vitamins and minerals on the toddler label are based on the amounts recommended for children less than 4 years old. "Parents of children under 4 should be more concerned about providing enough calories for growth and less concerned about restricting fat, saturated fat, and cholesterol in their child's diet," says Brown.

The label that will appear on foods for infants (children less than 2 years old) lists the serving size and servings per container when applicable, calories and 10 nutrients. "Only these 10 nutrients are allowed on the label," says Brown. "The manufacturer cannot list calories from fat; grams of saturated, polyunsaturated, and monounsaturated fat; or milli-

grams of cholesterol.

"There are no Percent Daily Values established for infants for the major nutrients, so none can be declared. The percentages for minerals and vitamins are based on values recommended for infants."

Brown recommends keeping these differences in mind as you shop for infant and toddler foods. "You still can compare the amount of the nutrients listed for two similar foods," says Brown. "For instance, you can compare the amount of sodium in two brands of vegetables prepared for infants. You also can compare the daily value of vitamins or minerals provided by a serving of two kinds of foods."

If you're concerned about your toddler's iron intake, compare the daily value of iron, and choose the one with the larger percentage, other contents being equal. Use a similar comparison for vitamins A and C to help you choose the most appropriate fruits and vegetables.

"Add up the Percent Daily Value of a vitamin or mineral from the labels on the foods eaten by your child in a day," says Brown. "If the sum is close to 100 percent, your child has eaten the recommended amount for that day."

Consumer Market Basket Program

Penn State Cooperative Extension conducts an educational program called Consumer Market Basket aired on WLVT (channel

39) on the second Monday of each month from 7:30 to 8:30 p.m. Tune in on April 11.

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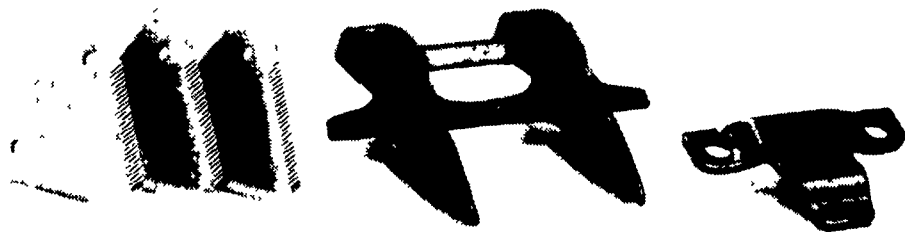
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4H

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Solanco 4-H

The Solanco Community 4-H Club will be reorganizing March 22 at the Hoffman Building in Quarryville at 7 p.m. A parent or guardian of each prospective club member must attend the organizational meeting on March 22.

4-H is the youth program of Penn State Cooperative Extension.

For more information on joining 4-H, contact Dottie Strickler (717) 786-1469; Vonnie McLaughlin (717) 548-3798, or the Lancaster County Cooperative Extension Office, 1383 Arcadia Road, Room 1, Lancaster, PA 17601, (717) 394-6851.

Upper Dauphin 4-H Livestock Club

Due to snow, the January and February meetings were both held in February.

The January meeting was held Thursday, Feb. 3 at 7:30 p.m. New officers are Jeremy Dobbin, president; Doug Reinert, vice president; Adam Oman, secretary; and Kristen Brubaker, news reporter.

At the February meeting the club collected sponsors' donations. At the next meeting the club will be learning about livestock judging.

Central Dauphin 4-H Horse And Pony Club Plans Future Meetings

On Monday, March 7, the club met at Mt. Laurel Church of God at 7 p.m. The club held a party at Chuck E. Cheese for all those in the club who helped out with the sub sale fund raiser.

The next sub sale will be this month to help defray the cost of the Washington D.C. trip planned in the fall.

The club discussed the grooming and showmanship clinic on Saturday, March 12, and encouraged all to participate. The club also went over the training show in May and all the changes and rules.

The new business included the next "Movie Night" for Friday, March 25; the Driving and Gymkana Clinics in June; Saddle Log Buddy System; and the judging teams that will be practicing in Elizabethtown.

The members also showed an interest in going to the Equi-Fair at the Farm Show Complex on Saturday, March 26, as a group. The club had sharing time with a lot of interesting "snow stories"; three demonstrations: Holly White showing the different parts of a horse, Emily Ivanoff showing the different colors of horses, and Monica Yergo with the different bones of the horses leg and having a silly quiz after. The club enjoyed snacks afterward and a short horse bowl presided over by Marissa Aciri.

The next meeting will be on Monday, April 4, at 7 p.m. at the Mt. Laurel Church of God.

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