

Do your part to prevent food loss

Food loss can be draining on your time and money, but there are many ways you can preserve perishable foods and prevent waste. You go to the grocery store and buy several items to make meals for the week in your home. Your week gets hectic, and you don't have time to cook the meals you had planned. Unfortunately, the foods you bought are now either past their peak quality or are obviously spoiled.

Food loss not only spoils your budget, but it also poses a hindrance on your time. When food goes bad, consumers have to spend the time to go to the store to buy more food, bring it home, put it away, prepare it and take out the trash. This adds up to be more costly in time and money than it otherwise would have been if the consumers hadn't wasted what they bought the first time.

Making people aware of avoidable food loss and how to prevent it is a goal of World Food Day, a global movement to end hunger that is celebrated Oct. 16. It is a day to remember the

Homeed Tranda Watts, Extension specialist



estimated nearly 870 million of the 7 billion people in the world, or one in eight, who suffer from chronic malnourishment, according to the United Nations Food and Agriculture Organization (FAO), which established World Food Day. While most malnourished people are from developing countries, more than 49 million people in the United States alone struggle with hunger or food insecurity, and most of them are children.

More than one-third of the food produced in the United States is wasted, and on average, U.S. households throw away 14 percent of food purchases. If a person didn't waste food, it would be like eating for free for 51 days, or a little more than seven weeks.

Realizing that you can get 51 days of free meals makes a little bit of planning worth it. It makes a big difference not only in your time and your budget on the personal level, but it makes such a big difference in terms of our natural resources.

On the environmental level, avoidable food loss is comparable to leaving the faucet running, since it is responsible for the loss of about 25 percent of all freshwater consumption. Wasted food ends up as solid waste in landfills, and as it decomposes, it produces methane that warms the climate.

The foods most likely to be wasted are fresh fruits and vegetables, beverages, bread and bakery products, dairy products, eggs, meat and fish.

Be watching next week for tips to help with reducing the amount of food waste that you have each week. If you have questions, please feel free to contact your local K-State Research and Extension Office or Tranda Watts at twatts@ksu.edu or phone 785-443-3663.

Membership drive



The Norton American Legion hosted its annual membership drive at the Legion on Monday, Oct. 7. Lamb fries and many other items were on the menu. The Legion also discussed the upcoming Veterans Day Parade on Monday, Nov. 11 at 2 p.m. For more information contact Jake Durham at 877-2400 or Richard Wiltfong at 877-2954.

-Telegram photo by Mike Stephens

SCHOOL CALENDAR

NCHS
Monday, Oct. 21
Parent-Teacher conferences, 10 a.m.-1 p.m. and 3:30-6:30 p.m.
JV Football at Phillipsburg, 6 p.m.
Tuesday, Oct. 22
Jay Singers, 7:30 a.m.
Senior announcement presentations, A.P.
Wednesday, Oct. 23
S.A.D.D. Red Ribbon Week begins
FCCLA FLC at Hill City Student Focus Group, A.P.
Post-high school training opportunities expo at Oberlin, 2:30 p.m.
Thursday, Oct. 24
Jay Singers, 7:30 a.m.
PBIS and BASS meetings
Artist of the Month, A.P.
Vocal concert at East Campus Auditorium, 7:30 p.m.
Friday, Oct. 25
S.A.C. Hats on Day
Pep Rally, A.P.
Football at Beloit, 7 p.m.
Saturday, Oct. 26
A.C.T. Test
Regional Cross Country at Ellsworth; girls race at 2 p.m., boys race at 2:30 p.m.

Sub-state Volleyball at Cimarron, 2 p.m.
NJHS
Monday, Oct. 21
Parent-Teacher conferences, 10 a.m.-1 p.m., and 3:30-6:30 p.m.
Tuesday, Oct. 22
KAYS Dance; JH Gym, 7-9 p.m.
Wednesday, Oct. 23
Volleyball and football awards assembly, MTSS Site council, 5 p.m.
Thursday, Oct. 24
Vocal concert at East Campus Auditorium, 7:30 p.m.
EES
Monday, Oct. 21
Parent-Teacher conferences, 8 a.m.-4 p.m.
Friday, Oct. 25
Visiting author: Jefferson Knapp, Grades 2-6, cafeteria, 9 a.m.
Northern Valley
Monday, Oct. 21
Parent-Teacher conference in Long Island, 4:30-8 p.m.
Flu shots for staff at Long Island, 12:45 p.m.
Start of 2nd Nine Weeks
Tuesday, Oct. 22

HS Volleyball Quad vs. Palco, Western Plains, and Weskan at Grinnell (varsity only), 4 p.m.
Wednesday, Oct. 23
KAY meeting, A.P.
Thursday, Oct. 24
NVJH Volleyball vs. Damar (A-B-C)
5th Grade Bake Sale during games at Long Island, 5 p.m.
NVJH VB vs. Logan (A-B-C), 5:30 p.m.
JH Football vs. Logan/Damar, 6 p.m.
FFA Chapter meeting, 7:30 p.m.
Friday, Oct. 25
Children's author Jeff Knapp for 3rd-8th grade at Long Island, 1 p.m.
Pep Rally at high school gym, 3:20 p.m.
HSFB vs. Thunder Ridge, 7 p.m.
KAY Trunk or Treat for UNICEF at football field during game (canned food drive)
Saturday, Oct. 26
Regional cross country at Grainfield, 2 p.m.
Sub-state HSVB at Natoma, TBA

Students participate in Punt, Pass and Kick

The Norton School Students held the annual Punt Pass and Kick competition this fall. One hundred forty students participated in the competition. The cumulative total of one punt, one pass, and one kick determined the final scores. The following students placed in their respective categories.

Girls 6-7 years old:
1st Roman Hauser (151'7")
2nd Corbin Puga
3rd Eli Jones
Girls 8-9 year olds :

1st Jaida Wright (151'11")
2nd Libbi Puga
3rd Gentry Sproul
Boys 8-9 year olds:
1st Sean Anderson (177'10") (won tie breaker)
2nd Garrett Urban (177'10)
3rd Collin Brooks
Girls 10-11 year olds:
1st Mattison Rhea (199'11")
2nd Tessa Hauser
3rd Slayton Braun
Boys 10-11 year olds:
1st Nolan Juenemann (257'5")
2nd Kade Melvin
3rd Gavin Sproul
Girls 12-13 year olds:
1st Hannah Widener (198'6")
2nd Shelby Harting
3rd Mikaela Moore
Boys 12-13 year olds:
1st Kalub Stoll (245'4")
2nd Tucker Pfannenstiel
3rd Connor Haresnape
Girls 14-15 year olds:
1st Lexi Voss (308'4")
Boys 14-15 year olds:
1st Jacob Green (385")
The winners will go on to Sectionals in Scott City on Oct. 27, and from there the top five participants in the State will get an opportunity to go to a Kansas City Chiefs football game and compete in Arrowhead Stadium.

SCHOOL MENU

NCHS-NJHS
Monday, Oct. 21
No School
Tuesday, Oct. 22
Breakfast-Biscuits, sausage gravy, fruit, grape juice and milk.
Lunch-Beef burrito, lettuce and tomato, peaches and milk.
Wednesday, Oct. 23
Breakfast-Assorted cereal, rosy applesauce, toast w/margarine, orange juice and milk.
Lunch-Chicken and noodles, whipped potatoes, broccoli and cauliflower, rolls w/margarine, pears, cottage cheese and milk.
Thursday, Oct. 24
Breakfast-English muffin w/sausage, fruit, grape juice and milk.
Lunch-Ham and cheese roll-up, baked beans, carnival salad, pineapple tidbits and milk.
Friday, Oct. 25
Breakfast-Pancake and sausage on a stick, syrup, pineapple tidbits, grape juice and milk.
Lunch-Salisbury steak, whipped potatoes, carrots, Mandarin oranges, rolls w/margarine and milk.
EES Menu
Monday, Oct. 21
No school
Tuesday, Oct. 22
Breakfast-Rolled-up sausage links, tater tots, oranges and milk.
Lunch-Chicken fry, whipped potatoes, gravy, broccoli salad, mixed veggies, fruit cocktail and milk.
Wednesday, Oct. 23
Breakfast-Scrambled eggs, ham, fruit cocktail, toast with jelly and milk.
Lunch-Western bean bake, cheese stick, corn, pears, corn-

bread and milk.
Thursday, Oct. 24
Breakfast-Warm cereal w/toppers, bananas, and milk.
Lunch-Hamburger gravy, whipped potatoes, warm peas, peaches, cinnamon rolls and milk.
Friday, Oct. 25
Breakfast-Banana bread, apple juice and milk.
Lunch-Cavatini, tossed salad, pineapple chunks, garlic bread and milk.
Northern Valley Menu
Monday, Oct. 21
Breakfast-Apple coffeecake, hash browns, grape juice and assorted cold cereal.
Lunch-Wiener Wagons, potato wedges, broccoli w/cheese and mixed fruit.
Tuesday, Oct. 22
Breakfast-Streusel top muffin, juice, mixed fruit and assorted cold cereal.
Lunch-Enchiladas, tossed salad w/dressing, seasoned carrots and lemon pie.
Wednesday, Oct. 23
Breakfast-Pancakes, syrup, yogurt cup, juice and assorted cold cereal.
Lunch-Parmesan chicken, whole wheat roll, seasoned green beans and sliced peaches.
Thursday, Oct. 24
Breakfast-Sausage in a blanket, peach slices, eggs and assorted cold cereal.
Friday, Oct. 25
Breakfast-French toast, syrup, hash browns, juice and assorted cold cereal.
Lunch-Cavatini, tossed salad w/dressing, seasoned peas and

apple crisp.

CORRECTION

In the 10-11-13 issue of the Telegram, on the front page, a headline read "WIC clinics

closed due to federal shutdown" This was incorrect. Call the Norton County Health Depart-

ment for the most current information about the program at 785-877-5745.

The Norton Telegram will correct or clarify any mistake or misunderstanding in a news story. Please call our office at 877-3361 to report errors.
We believe that news stories should be fair and factual and appreciate your calling to our attention any failure to live up to this standard.

Notice about WIC Clinics

In the 10-11-13 Issue of the
Norton Telegram
it stated that WIC Clinics
were closed.
This is INCORRECT.
For the most current
information
contact the Norton
County Health
Department at
785-877-5745

Medicare Open Enrollment Educational Seminar by INSURANCE CENTRAL

"Insuring Generations"

Standard Medicare - Medicare
Advantage - Prescription Drug Plans
New Exchange Plans
*Come have coffee and cookies
and learn from the experts*

NORTON
 Mon., Oct. 21, 7 p.m., Parish Center, 108 S. Wabash

OBERLIN
 Thurs., Oct. 24, 7 p.m., Golden Age Center, 105 W. Maple

For Reservations Call 785-874-5122 or
Toll Free 1-877-273-2734

The Norton Public Library
Will Hold a
Dedication Ceremony
for the
Remington Statues on
Tuesday, October 22
5:30 p.m. at the Library

Following the Dedication the
Norton Area Chamber of Commerce
will hold a Ribbon Cutting
REFRESHMENTS WILL BE SERVED