

### PORK CHECKOFF REPORT

**NOVEMBER DECEMBER 2022** 





# See You at the 2023 MINNESOTA PORK CONGRESS!

Join the Minnesota Pork Producers Association (MPPA) at the 2023 Minnesota Pork Congress held in Mankato, MN.

The event is scheduled to take place on February 21 and 22 at the Mayo Clinic Event Center, where pork producers, allied industry, and stakeholders will convene. Registration for Minnesota Pork Congress is now open, with a discounted rate for those who register prior to January 23, 2023.

Minnesota Pork Congress offers attendees the ability to gather at the state's largest swine-specific tradeshow for networking and business-enhancement opportunities. In combination with the tradeshow and annual meetings, the event also hosts timely seminars

and social activities designed exclusively for pig farmers and pork industry stakeholders.

If you have questions related to Minnesota Pork Congress, Registration, or Annual Meetings, please contact the Minnesota Pork office at 507-345-8814.

Attendees can register online at https://www.mnporkcongress.com/registration/. Strategic Investment Partners (SIP) and MPPA members receive complimentary registration to Minnesota Pork Congress.

The annual Awards Reception, featuring the 2023 Minnesota Pork award winners, will be held prior to Pork Congress on Monday, February 20, 2023. The Awards Reception is an invitation-only event with RSVP's required.



Mon-profit US Postage PAID Owatonna, MN 55060 Permit #110 ADDRESS SERVICE REQUESTED

J51 Saint Andrews Court, Suite 810 Mankato, MN 56001 507.345.8814

Minnesota Pork Board

### MN PORK CALENDAR

#### **DECEMBER 8**

PQA+ & TQA - Stewartville

American Legion Post 164 1100 2<sup>nd</sup> Ave. NW Stewartville, Minnesota

PQA+: 9:00 a.m. - 12:00 p.m.

TQA: 1:00 - 4:00 p.m.

Pre-register: colleen@mnpork.com

or 1-800-537-7675

#### **FEBRUARY 20**

**Annual Meetings** 

MPB: 12:30 - 2:30 p.m. MPPA: 3:00 - 5:00 p.m. Mayo Clinic Event Center Reception Hall Mankato, Minnesota

#### **FEBRUARY 20**

**Awards Reception** 

Mayo Clinic Event Center Banquet Hall West Mankato, Minnesota 5:30 - 8:30 p.m. Invitation Only

#### **FEBRUARY 21-22**

Minnesota Pork Congress Trade Show

Mayo Clinic Event Center 1 Civic Center Plaza Mankato, Minnesota

#### **FEBRUARY 22**

SIP & Partner Breakfast

Mayo Clinic Event Center Reception Hall

7:30 a.m. Breakfast 8:00 - 9:00 a.m. Keynote Speaker Member-exclusive event



#### Join us at the 2023 Minnesota

#### MONDAY, FEBRUARY 20 AT 12:30 P.M.

MAYO CLINIC EVENT CENTER, MANKATO, MN

Preregister to colleen@mnpork.com

#### **MPB MEETING**

All Minnesota pig farmers who pay into the Pork Checkoff are stakeholders in the Minnesota Pork Board (MPB) and are encouraged to attend the Annual Meeting on February 20, beginning at 12:30 p.m. at the Mayo Clinic Event Center (1 Civic Center Plaza, Mankato, MN 56001).

The MPB Annual Meeting will feature updates on programs, 2022 MPB Pork Checkoff financial information, Minnesota Pork Executive Board elections, Pork Act Delegate elections, and Pork Checkoff-related resolutions. Resolutions submitted at the meeting will require a two-thirds margin to be brought to the floor for discussion and a three-fourths majority vote for approval.

#### LUNCH AND MPPA MEETING

The Minnesota Pork Producers Association (MPPA), a voluntary membership association funded by investors in the Strategic Investment Program (SIP) and Pork Partners, will hold its annual meeting following the MPB meeting from 3:00 – 5:00 p.m. The MPPA focuses its work on legislative and public policy matters. Only those who are enrolled in SIP or Pork Partners can vote and participate in discussions at the MPPA Annual Meeting.



### **Pork Board Annual Meeting**

#### **PREREGISTRATION**

To help with meal planning, seating, and handouts, preregistration is requested. To preregister, contact Colleen Carey at the Minnesota Pork Board office by calling 1 (800) 537-7675 or email colleen@mnpork.com.

#### **AGENDA**

- I. Call to Order Brad Hennen MPB President
- II. Joint Session with Minnesota Pork Producers Association
- III. Introductions
- IV. Approval of 2022 Annual Meeting Minutes Myrna Welter, MPB Secretary
- V. 2022 Financial Report Jill Resler, CEO
- VI. 2023 Minnesota Pork Board of Directors Candidate Elections
- VII. National Pork Board Update Bill Even, CEO National Pork Board
- VIII. 2023 Advisements, Discussion, Action Todd Selvik
  - IX. 2024 Pork Act Delegate and Alternate Elections
  - X. President's Remarks
  - XI. Election Results

#### Adiourn

#### **PUBLIC NOTICE**

### PUBLIC NOTICE BY MINNESOTA PORK BOARD AND THE NATIONAL PORK BOARD

The election of pork producer delegate candidates for the 2024 National Pork Producers (Pork Act) Delegate Body will take place at 12:30 PM, Monday, February 20, 2023 in conjunction with a Board of Directors meeting of the Minnesota Pork Board. All Minnesota pork producers are invited to attend. This Annual Meeting will be held at the Mayo Clinic Health System Event Center, 1 Civic Center Plaza, Mankato, MN 56001. To RSVP, please contact the Minnesota Pork office at (507) 345-8814 or email mnpork@mnpork.com.

Any producer, age 18 or older, who is a resident of the state and has paid all assessments due may be considered as a delegate candidate and/or participate in the election. All eligible producers are encouraged to bring with them a sales receipt proving that hogs were sold in their name and the checkoff deducted. For more information, contact the *Minnesota Pork Board Office*, 151 St. Andrews Court, Suite 810, Mankato, Minnesota. (507) 345-8814 or (800) 537-7675.



### **2023 PROPOSED BOARD**





### John Anderson

I farm with my family on a century farm near Belgrade, Mn. The partners in our farm consist of my three nephews, my daughter and myself. We operate a diverse grain

and livestock farm. Our main crops are corn, sugar beets and kidney beans on mostly irrigated ground. We have a farrow to finish hog operation and are a multiplier for DNA genetics. Our family also runs a cattle feedlot and a grain elevator. My wife Shirley and I have 2 grown daughters and 2 grandchildren. My brother Jim, tragically died in an accident last year. His wife Sue is still involved with the farm.



### Vince Baack

Vince is currently serving his fourth year on the Minnesota Pork Producers Association board of directors, and in his second year as Vice President. He is the Director of Finance

at New Fashion Pork in Jackson, MN, a role he has held since 2007. He is also actively engaged in farming at his home farm. Vince has enjoyed being a strong, energetic member on the MPPA board representing Minnesota pig farmers. He believes taking a forceful, pro-active role in promoting free trade, guarding against foreign animal disease, reducing burdensome regulations, and increasing workforce availability as key pillars for Minnesota Pork and our producer's freedom to operate. He is particularly interested in the public policy role that MPPA serves and has met frequently with local, state, and national legislative representatives and leaders to robustly support and protect the interests of our state's and our nation's pig farmers.



### Mike Boerboom

Mike is the owner of Boerboom Ag Resources, a farrow-to-finish farm located in Southwest MN. As part of the third generation on his family farm, Mike oversees all

live production for the business and is also a Board member of Wholestone Farms, a farmer-owned pork processing facility in Nebraska. Mike and his wife, Megan, are currently raising the fourth generation of Boerbooms, Brayden and Finley. Outside of the family farming business, Mike is the president and coach of their local hockey association.



### Chris Compart

Chris resides in Nicollet, MN, with his wife, Rochelle. They are partners in the family businesses, Compart's Boar Store and Compart Family Farms. Chris' roles within

the two businesses include managing the genetic breeding stock farm operations, directing the row crop enterprise and leading the online direct-to-consumer sales. He is a proud father to Sara and Dusty (Natalie) and grandfather to twin 2-year-old grandsons, Clayton and Carter.

Chris has enjoyed serving on the Minnesota Pork Board, the research committee, and attending events to share the story of Minnesota's pig farmers and promote the wholesome product they produce. He is passionate about the pork industry and looks forward to the continued work of Minnesota Pork to support producers and educate and promote to consumers.

### OF DIRECTORS BALLOT



### Brad Hennen

Brad finishes pigs near Ghent, with his wife, Barb, and their growing family of nine children and seven grandchildren. In his free time, he sells breeding stock for Fast Genetics,

covering MN and the Dakotas. He has served on various task forces for the NPB, one of which was where the concept for the Hennen Pig Chute was conceived. He looks forward to further serving MN pork producers in wisely allocating their resources toward research, education, and promotion, and advocating on their behalf across the state and at the capitol.



### Amber Portner

Amber was born and raised in New Ulm, MN, and now lives on a small farm just outside of her community. She and her fiancé started raising a small number of beef cattle a few

years ago but she grew up working for her father on sow farms he has and is currently managing, starting at a young age. With the vision to grow her passion for pigs and livestock, she got her B.S. in Animal Science from South Dakota State University (SDSU). Following her graduation from SDSU, she joined the team at Christensen Farms (CF) and has been with the company ever since. She's held a few different roles within her tenure at CF, starting within grow finish operations. Since then, her role has evolved to managing the company's communications and marketing functions and supporting public affairs within and around the communities they operate. She also co-chairs the organization's sustainability task force, along with being involved in numerous industry and community efforts. Ultimately, she is a passionate pig farmer for life, with broad experience in communications, public relations, and marketing within the industry with a keen focus on growing and leveraging her skills to enhance consumer awareness and positive sentiment towards all farmers and food production.



### Roger Punt

Roger grew up on a diversified farm and continued farming with his wife after getting married. He later led a 33-year career with Farm Bureau Insurance, working

with farmers to provide the most appropriate insurance plans to minimize their risks. During that time, he also custom-fed pigs. His insurance clients asked him to organize a farrowing coop, which led to the creation of Country Pork, a farrow-to-finish farm of which he serves as General Manager. Roger looks forward to contributing to the success of the organization and Minnesota' pig farmers.



### Dr. Abbie Redalen

Abbie is part of a family farming operation where they raise livestock and diversified crops in southeastern Minnesota. She obtained a bachelor's degree in Animal

& Plant Systems and a doctorate in Veterinary Medicine from the University of Minnesota. Abbie looks forward to continuing the work of the board in delivering sound, deliberate, and progressive action to benefit the industry and Minnesota pork producers.



#### 2023 PROPOSED BOD BALLOT (CONTINUED)



### Brian Schwartz

Brian obtained his BS in Ag Business from South Dakota State University. He has been involved in many aspects of pig production throughout the years, both

on and off the farm, most recently in production, personnel, property, territory development, and communications with Schwartz Farms independent farm families. He and his wife, Abby, have three children, Lillian, Blake, and Toby. Schwartz Farms is a family-owned company committed to animal, environmental, and socio-economic stewardship. Schwartz Farms is also a proud advocate of rural communities, employing individuals, and contracting with independent farm families in the Midwest. Brian has enjoyed his time serving on the board and would appreciate the continued opportunity to explore solutions to challenges and advance the interests of MN pork producers.



### Todd Selvik

Todd farms in Waseca, MN. He and his cousin have a corn, bean, and pig farm. They own the pigs that they raise wean to finish. The majority of their pigs

come from a Pipestone-managed sow farm near Waseca. He and his wife, Meghan, have three kids, Sydney (7), Ethan (5), and Olivia (3). They are 4th generation farmers. Todd thinks it is an exciting time for the Board of Directors, especially in the challenging and exciting transition to a single board. Momentous moments are coming for the industry and Minnesota pig farming, and he looks forward to being a pig farmer and on the board in the coming years.





### Daryl Timmerman

Daryl has served on the MPPA Board of directors since 2017, also engaging with the Human Capital and Public Policy Committees throughout his years on the board. Most

recently, Daryl served as chairman for the CEO Search Committee that was formed to secure a new leader for the organization as David Preisler transitioned into retirement.

Daryl grew up on a diversified family farm in Southwest MN where his love of the pork industry is rooted. In his professional role outside the MPPA Board, Daryl is a Sr. Swine Lending Specialist on the Swine Lending Team at Compeer Financial. While Daryl has roughly 13 years with Compeer, he appreciates the 3.5 years he recently had outside the lending world, where he served as the Director of Production and Finance for the Hugoson Family near Fairmont, MN, "Experiencing life on the production side within a family business awards you a different context for the intensity and dynamics that are managed daily on the farm" says Daryl. Daryl enjoys connecting with producers to fully understand how their unique business positions them for success. He appreciates collaborating with them to take their operation to the next level.

In his time away from the Board of Directors and Compeer, he enjoys spending time with his wife Angela and their 3 children camping and helping with their youth sporting activities.



### Myrna Welter

Myrna and her husband, Randy, are first generation farmers. They own and work with 220 sows on a farrow-to-finish pig farm and grow corn, soybeans, and

alfalfa. Myrna has seven grown children and nine grandchildren. She has a part-time job working for the Stewartville Area Chamber of Commerce, which opens many opportunities to promote agriculture. She currently serves as the secretary on the MPB Board of Directors, and her favorite part about serving on the board is the opportunities she gets to share her love for promoting PORK!

We give a **pork** about your **swine**.

We know you're committed to your herd, and at QC Supply, we match that dedication. We sweat the small stuff so you can focus on what's important - efficient and thoughtful production.

Got a question that needs answering? A problem that needs fixing? Share your story – we'll explore solutions alongside you and provide the support, services, and products you need.

qc supply





30 Local Locations 800-433-6340 qcsupply.com Interactive Catalog

Visit Our Hometown Minnesota Locations Waseca & Willmar



### **Hog Barn Effects on Rural Residential Real**

A Proposed Hedonic Price Analysis

#### **Executive Summary**

Minnesota has an estimated 18,000 livestock feedlots registered under the state's feedlot rule and the Minnesota hog industry is one of the largest in the nation with over \$2.7 billion in annual hog sales in 2019. Minnesota Extension found that these farms also support the community as the average hog farm contributed roughly \$33,000 in state and local taxes. Swine farms have also been a point of contention in the recent past with nuisance lawsuits providing a precedent to limit construction, expansion, and renovation. Livestock owners are seeking answers to these unanswered questions and concerns posed by community members. The objective of this work is to provide scientific findings of the impact that swine feedlots have on home prices in southern Minnesota. This is accomplished through a hedonic analysis that uses 2,795 observations of home sales over a five-year time period in Freeborn, Jackson, and Blue Earth counties.

The most recent study completed in Minnesota answering a similar question was completed in 1996 and examined two counties, Redwood and Renville, using a total of 292 observations. Although this work has its merits, the study was conducted in counties with lower hog density than other Minnesota counties and had a low sample size of only 292. This study uses publicly available data available through the Minnesota Pollution Control Agency (MPCA), Beacon (https://beacon.schneidercorp.com/), and county assessor offices to increase the sample size and counties included in the analysis.

MPCA is the governing body for livestock feedlots and regulates the handling of animal manure in Minnesota. MPCA feedlot rules that apply to location, design, construction, operation, and management of feedlots. Owners of feedlots are required to register when it meets one of two conditions: if it is an animal feedlot capable of holding 50 or more animal units; or if it is an animal feedlot capable of holding ten or more and fewer than 50 animal units, that is located within shoreland. One animal unit is equivalent to the amount of manure produced by a steer or heifer. One head

of swine that is over 400 pounds is equivalent to 0.4 animal units. Between 55 pounds and 300 pounds is equivalent to 0.3 animal units. Under 55 pounds is 0.05 animal units. MPCA maintains a database within ArcGIS, the geocoding software used in this analysis, that contains the geospatial data and accompanying data for each feedlot in Minnesota.

Blue Earth and Martin county are in the top 20 hog producing counties in the U.S. This study captures 827 observations in Blue Earth county but is not able to utilize any home sale data from Martin county due to missing variables and lack of consistency. This was a problem for much of the data in this study as data from 11 counties were collected but only three of those counties had complete data for the analysis. The other two counties used in this study, Freeborn and Jackson,



#### **Estate Prices**



Zachary Uter and Joleen C. Hadrich, Department of Applied Economics, UMN

supplied the remaining 1,968 observations and are both top ranked hog producing counties located in southern Minnesota.

This study used a regression analysis, known as hedonic price analysis, to determine the impact that house characteristics, feedlot characteristics, and proximity has on the sale price of homes. The proximity to feedlots were determined using geocoding by placing buffer rings at 0.25, 0.5, and 1.0 miles around each feedlot address. Ordinary least squares (OLS) were used to estimate the impact of each of the dependent variables on home price. An advantage of using this model is that parameter estimates are interpreted by their sign, either increasing value or decreasing value. The results from this study can be compared to the findings of Taff, Tiffany, and Weisberg (1996).

Overall, swine feedlots in these southern Minnesota counties were not found to negatively affect home sale prices. Results from this three-county dataset find that homes sold within one mile of a swine feedlot are associated with an increased selling price. This increase in price may be limited in the one-half to one-mile range when examining the buffer ring model. The effect on home sales closer to swine feedlots was not determined since there were no home sales within a one-quarter mile of a swine feedlot. Liquid manure storage and the number of animal units on a swine feedlot were found to have no effect on home sales price.

Additionally, regressions were completed for each of the three counties individually to analyze the impact that feedlots have on home prices. These analyses differed from the aggregate regression as school districts were included as an explanatory variable to determine whether school district preferences were influencing housing prices. Of the three counties, only Blue Earth county had statistically significant swine feedlot parameters. None of the proximity parameters were significant for any county individually. Liquid manure storage was associated with a decrease in home price while animal unit count was associated with an increase. Blue Earth and Freeborn county both had significant school district parameters that were associated with changes in housing prices. These individual county results indicate that granularity of the dataset used is important when considering the impacts of feedlots on housing prices and in this study, swine feedlot proximity in individual counties was not associated with any effect on home prices.

The results of this study coincide with those from the 1996 study to find that home sale prices do not decrease when they are located near swine feedlots.

Table 1: Regression Results for Three-County Model, 2017-2021

Variable	Home Characteristics	Home & Multip Buffer Rings
Intercept	+***	+***
Age of Home at Sale	_***	_***
Number of Bedrooms	+***	+***
Number of Bathrooms	+***	+***
Acres	+***	+***
Sale in 2017	_***	_***
Sale in 2018	_***	_***
Sale in 2019	_***	_***
Sale in 2020	-	-
Within Quarter to Half Mile of Swine Feedlot Within Half to One Mile of Swine Feedlot Within One Mile of		+*
Swine Feedlot		
Swine AU Count		+
Swine Lagoon		-
Within Quarter to Half Mile of Beef Feedlot		_***
Within Half to One Mile of Beef Feedlot		+
Within One Mile of Beef Feedlot		
Beef AU Count		+**
Beef Lagoon		-
Number of Observations	2795	2795

Note: \*\*\* indicates significance at 1%, \*\* indicates significance at 5%, \* indicates significance at 10%

Parameter estimates are interpreted as increases (+) or decreases (-) to home sale prices

This information should be utilized by hog producers when permitting is needed to renovate or build facilities. The findings from this study as well as the extension findings on taxes should be leveraged to promote the pork industry in Minnesota and the benefits it brings not only to the state but to individual communities. This work also emphasizes the need for accurate public data so that questions similar to this can be answered. There are a large number of data points collected on feedlots and home sales every year by the state that could be standardized to make them more readily available for agricultural research to help support agricultural producers and rural communities.

### Listen for Jason DeRusha + MPB on WCCO Radio



Jason DeRusha is new talent to WCCO Radio, but well-known for his previous role in the Twin Cities as a WCCO-TV personality and food critic. In 2015, DeRusha served as a James Beard Award finalist for his TV segment, "DeRusha Eats", and was an official food critic and editor at Minnesota Monthly magazine. To say his credentials qualify him for the opportunity to be a voice for pork would

be an understatement, but what really sets him apart is his genuine respect for Minnesota pig farmers.

DeRusha has been a resounding supporter of pig farming and pork for nearly two decades, with established relationships with many pig farmers throughout the state already. MPB is excited to capitalize on his new role at WCCO Radio. Listen in to WCCO Radio to hear his authentic voice over one dozen times each week sharing Minnesota pig farmer's sustainability story and simple, delicious, versatile ways to cook pork.

Head to the Audacy app, Audacy.com, or search "Drivetime with DeRusha" to tune into DeRusha's shows.



### "STOP FIGHTING ON THE WAY TO THE FUNERAL HOME"



Presented by Family Business Consultant, **JOLENE BROWN** 

#### **EVENT DETAILS:**

Monday Feb. 20, 2023 8:30am

Mayo Clinic Health System Event Center 1 Civic Center Plaza, Mankato, MN 56001 \$25 per attendee

#### WHO SHOULD ATTEND:

This event is for farmers, small businesses, business partners, and families exploring succession planning options. All parties involved in your succession planning are encouraged to attend.



 Profinium Insurance Agency and Investment products are not a deposit, not FDIC Insured, not insured by any federal government agency, not guaranteed by the bank, and may go down in value.



- Use of QR code may be subject to data charges.
- Jolene Brown is not employed by Profinium.

Member FDIC





### Legal Excellence: Bar None

We know family farms because we own family farms.

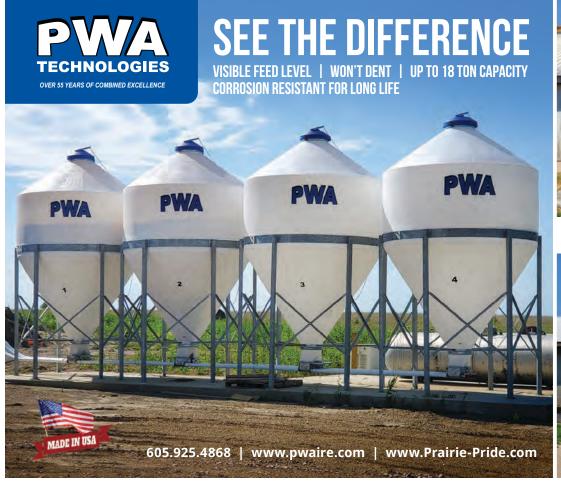


- Farm Succession Planning
- Tax Planning
- Farm Litigation/Disputes
- Environmental Law

- Drainage/Ditch
  Agricultural Contracts
  Cooperatives
  Agricultural Employment Law

blethenberens.com Mankato (507) 345-1166 | New Ulm (507) 233-3900 (in)







THE CHOICE IS CLEAR







Minnesota pig farmers recognized the important role of every step within the supply chain – from farmers themselves, to transportation, to the production professionals – each role plays a critical part in bringing nutritious, healthy pork products to consumers.

In 2022, the National Pork a state grant program that

Board (NPB) initiated a state grant program that provided funding to states for projects that aligned with NPB's strategic priorities. Minnesota collaborated with three other states to host 'thank you' and community engagement events in communities that are home to pork harvest facilities.

Hormel and Quality Pork Processors located in Austin, Minnesota, partnered with MPB to extend pig farmer's appreciation for the role they play in providing nutritious pork to consumers around the globe. Members of MPB and Hormel Foods organized groups of volunteers to gift two pork roasts, chip clips, and free bacon coupons to employees as they were leaving work during the day and evening shifts. At the Hormel Foods plant there were approximately 1,600 workers and QPP had nearly 1,000 workers.

"Minnesota pig farmers couldn't do what they do without each worker in the plant locations," stated Pam Voelkel, director of promotions and events at MPB. "We hope this gesture showcases some of our appreciation for the workers who show up each day









# ARE YOU LOOKING AT REMODELING OR EXPANDING YOUR SWINE FACILITY?



is a family-owned business that has been providing outstanding service and superior products throughout Minnesota, South Dakota and lowa since 1980. Take advantage of our vast experience, industry insight and innovative ambition!



- Swine Equipment & Installation
- Remodeling & Retrofitting
- Construction & Contracting Services
- Barn Design & Specifications \_\_
- Training & Maintenance
- Full Line of Repair Parts On Hand

Willmar, MN • 320.231.1470 | Fairmont, MN • 507.399.2178 www.LangeAgSystems.com





### ISG

# Maximizing Productivity + Minimizing Operational Distractions

Actively partnering with clients to transform today's obstacles into tomorrow's opportunities.

Architecture + Engineering + Environmental + Plannin

ISGInc.com



Call us at 507.387.6651 or visit our website to learn more!



#### Strength. Stability. Service. And us.



Noah Carroll Grace Bergstrom Brownsdale 507.567.2296



Auto | Home | Life

usiness | Farm & Rand

Farm Bureau Property & Casualty Insurance Company, \* Western Agricultural Insurance Company, \* Farm Bureau L





#### Compart program offers:

- Duroc, York, Landrace boars and open gilts
- Duroc, York and Landrace semen
- PRRS naïve herds and boar stud
- 50+ years of genetic selection
- 25+ years of scan work for genetic production traits and intramuscular fat.



Nicollet, MN • 877-441-2627

### DiGest 3+3



**Foaming Problems?** 

### New Technology

- Crust elimination
- Reduces flies
- Reduces files
   Reduces solid buildup
- More consistent nutrients
- Faster working
- More nitrogen for crops
- Controls odors
- Available in powder or liquid

**Ask about Digest Foam Eliminator** 

320-808-7327 • 320-815-1699

www.digest3plus3.com

D&D Distributing • Miltona, MN 30+ years experience

#### 2022 EXECUTIVE BOARD

President: Brad Hennen

Ghent

Vice President: Todd Selvik

Waseca

Secretary: Myrna Welter

Stewartville

**Mike Boerboom** 

Marshall

**Chris Compart** 

Nicollet

Meg Freking

Jackson

**Brian Johnson** 

Walnut Grove

**Mary Langhorst** 

Lafayette

**Amber Portner** 

Sleepy Eye

**Roger Punt** 

Prinsburg

**Abbie Redalen** 

Chatfield

**Brian Schwartz** 

Sleepy Eye

National Pork Board
Dale Stevermer

Easton

**Minnesota Pork Board** 

151 St. Andrews Court, Suite 810 Mankato, MN 56001 (507) 345-8814 (800) 537-7675 mnpork@mnpork.com www.mnpork.com

#### **STAFF**

Jill Resler

Chief Executive Officer

**Colleen Carey** 

Administrative Assistant

**Katelyn Gradert** 

Director of Communications

**Lauren Servick** 

Director of Marketing and Public Policy Engagement

Pam Voelkel

Director of Events and Promotions

### MINDFUL EATING DURING THE HOLIDAYS FOR YOU AND YOUR FAMILY

#### TIPS FROM A DIETITIAN MOM



By: Renee Korczak Ph.D., RDN, CSSD, LD

The holiday season is rapidly approaching and as a registered dietitian nutritionist (RDN), I am commonly asked about how to enjoy all the wonderful holiday foods and beverages and feel good about the choices made.

#### HERE ARE FIVE MINDFUL EATING TIPS YOU AND YOUR FAMILY CAN FOLLOW THIS SEASON:



**Don't skip meals in preparation for the main holiday meal.** Even though you think meal skipping might allow you to eat as much as you want at the main holiday meal, it can do more harm than good. Skipping main meals, such as breakfast and lunch, strips away key nutrients your body requires daily such as Calcium, Vitamin D, Vitamin C, high-quality protein, dietary fiber, etc. It can be difficult to catch up on all these essential nutrients with just one main meal. Also, if you are an individual with a medical condition, you should check with your healthcare provider before deciding to skip a meal



Make your holiday foods healthier by adding a serving or two of cruciferous vegetables that are in season

because this may affect the regulation of blood sugars and

appetite-regulating hormones.

this fall. These include broccoli, cauliflower, Brussels sprouts, and kale. These vegetables are nutrient-dense and will help fill you up without adding excess calories. If these vegetables are not appealing to you, choose vegetables that are enjoyable for you and your family and get your children involved in washing and cleaning them. I have found that when I get my children involved in meal preparation it sparks their interest and they are more likely to eat what is on their plate if they helped with preparation.



Replace heavy sauces you would typically use in casseroles or stews with spices, herbs, and olive oil.

Spices such as cinnamon, ginger, turmeric, nutmeg, allspice, cumin, and cloves are wonderful to cook and add a ton of natural flavors to foods. Herbs such as rosemary, parsley, and cilantro also add a wonderful punch of flavor to entrees and side dishes.





Are you attending a holiday party and need some quick nutrition tips to set you up for success? My approach to holiday parties is first, to give myself permission to enjoy all the wonderful food and beverages that are served, but to have a strategy of what to choose before I enter the door. When you arrive at a party, it is wise to scope out the foods and beverages offered, before loading everything on your plate. Aim for whole grain crackers, fresh fruits, and vegetables with a scoop of dip, and choose 1 or 2 more decadent items that you love to indulge in. If the host/hostess are serving a source of protein at the party such as pork, chicken, shrimp, beef, etc. choose at least 3-4 ounces to consume (the size of your palm). Adding a source of protein to your appetizers will help fill you up and keep you satisfied.



Try to avoid the overconsumption of specialty coffee and tea beverages with extra added sugars, syrups, creams, etc. There is nothing wrong with the occasional specialty coffee/tea beverage, but be mindful of how much you are consuming day to day, as added sugars can stack up in your diet quickly and contribute to weight gain. Instead, opt for flavored water(s), sparkling tonics, or coffee/tea with minimal amounts of added sugar.

Last, but certainly not least, it is important to remember that being mindful, means being present and in the moment. Being mindful when you eat is an important strategy to honor because it allows you to be aware of all your senses while eating and to recognize cues of satiety or that feeling of fullness that comes with a meal or snack. If you recognize this feeling, you may learn to pass up the extra goodies if you are just full from the nutrient-dense choices that you made throughout the day. Use this technique of mindfulness to your advantage this holiday season. If you are looking to learn more, speak to a registered dietitian nutritionist for help.



#### Over 25 years experience with security tailored for you!

Mobile interactive security & fire alarm systems

- Environmental Sensors for: Power, Temperature, Water
- Fire Detection & Notification
- Unauthorized Entry
- Video Systems
- Access Control
- · Automation: Lights, Locks, Thermostats

Call Today: 507-524-4194 | 201 Main St E, Mapleton, MN 56065

Your Partner for Home, Business & Farm Alarm Solutions

http://www.HawkAlarm.net | 888-482-4884

## Push a button



# ...instead of a cart





Replace the feed carts in your farrowing unit with a labor-saving Grow-Disk chain system. Grow-Disk systems readily adapt to multiple row farrowing floor plans.

Call today for a quote on updating and automating the feed delivery on your farm.

