To develop the testing tool, the PSEP Coordinator purchased an annual subscription to an online exam creation program called ClassMarker. She used 90 sample questions to categorize results by study manual chapter, helping people to identify topics they want to review again prior to taking the actual certification exam. The email also included a link to an online practice testing tool to assist people preparing for the National Pesticide Applicator Certification Core Exam.

The National Core Exam is the main exam for agricultural and structural pest control service staff to support their efforts during this month to promote National Nutrition Month® across America, and it is an annual campaign to focus on tips on how to find a Registered Dietitian Nutritionist for personal dietary needs, becoming more familiar with different areas of dietetics in our communities, and learning about reading Nutrition Facts Panels (the Food Label), how to include foods from all food groups daily, healthy hydration, and taking time to eat snacks and meals traveling.

The first week’s theme is Eat a Variety of Nutritious Foods Every Day. This includes promoting the importance of consuming a balanced diet to ensure proper nutrition and overall health. The final week’s theme is Consult a Registered Dietitian Nutritionist (RDN). This topic will focus on the role of a dietitian in providing personalized nutrition advice and guidance for individuals and communities.

We’re planning some incredible stops and social distancing precautions will be in place. Maricopa County. Join us in person Monday, June 14 in Yavapai County and then Wednesday, June 16 in Maricopa County. Youth were able to compete in showmanship, breed, and costume contests. Show feed manufacturers, and local business and family sponsors were eager to help with this opportunity. Although this may seem to be a small-scale show, it was a needed boost to the cancellation of the 2020 Maricopa County Fair and 2020 Arizona State Fair, there have been no opportunities in our state for these kids to show off their projects. Dairy organizers were pleased with turn out and 'good vibes' had by all in attendance.

The National Nutrition Month® campaign is focused on encouraging individuals to make informed food choices and to adopt healthy eating habits. Here are some tips on how to make the most of National Nutrition Month®:

- Eat a Variety of Nutritious Foods Every Day: Make sure to include foods from all food groups, such as fruits, vegetables, grains, protein, and dairy, to ensure a balanced diet.
- Healthy Hydration: Stay hydrated by drinking plenty of water and other non-sugar beverages throughout the day.
- Reduce Food Waste: Be mindful of food waste and try to use leftovers and excess food to create new dishes or meals.
- Taking Time to Eat Snacks and Meals: Make time to eat meals and snacks that are nutritious and satisfying.
- Traveling: Remember to eat nutritious meals even when traveling, and try to include a variety of foods in your meals and snacks.

For more information, please contact Michael Chamberland, Treasurer, Kimberly Yee, Corporation Commissioner Chair, Lea Marquez Peterson, and Scott Koeing.

By

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