Safe Tractor & Machinery Operation Training

This program is a collaboration with K-State Research and Extension Districts: Post Rock, Midway, Cottonwood, CKD, and River Valley.

The National Safe Tractor and Machinery Operation Program (NSTMOP) is designed for 14- and 15-year-olds seeking employment in production agriculture.

Core content areas include:
- Safety basics
- Agricultural hazards
- Tractors
- Connecting and using implements
- Materials handling

Students are certified after successfully passing a 50-question test at the training and doing both an operating skills test and a driving test administered by the employer.

**2024 Course Dates & Locations**

- **April 20th** – Beloit, KS
  Carrico Implement

- **April 27th** – Washington, KS
  Bruna Implement

- **May 4th** – Great Bend, KS
  KanEquip

- **May 23rd** – Salina, KS
  Great Plains Manufacturing

**Registration**: 8:00-8:30 a.m.
**Program**: 8:30 a.m. - 4:30 p.m.
*Lunch will be provided!*


**MANUAL COST**: $15 – Pick up at your local Extension Office

**BRING**: Your course manual and enrollment form. Pay and pick up your course manual at your local Extension Office. Please pick up your manual PRIOR to the course.

**Contacts:**
- Beloit, KS - Blaire Todd: blairet@ksu.edu or 785-738-3597
- Washington, KS - Kaitlyn Hildebrand: khildebrand@ksu.edu or 785-243-8185
- Great Bend, KS - Alicia Boor: aboor@ksu.edu or 620-793-1910
- Salina, KS – Justine Henderson: jwh04@ksu.edu or 785-392-2147

K-State Research and Extension is committed to providing equal opportunity for participation in all programs, services and activities. Program information may be available in languages other than English. Reasonable accommodations for persons with disabilities, including alternative means for communication (e.g., Braille, large print, audio tape, and American Sign Language) may be requested by contacting the event contact Justine Henderson two weeks prior to the start of the event at (785-392-2147). Requests received after this date will be honored when it is feasible to do so. Language access services, such as interpretation or translation of vital information will be provided free of charge to limited English proficient individuals upon request.
Interested in a Mediterranean-style eating pattern, but not sure where to start?

The Med Instead of Meds class series will help you Go Med by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day.

Great tasting and good for you! The simple, delicious, and satisfying Med Way of eating will keep you coming back for more.

During the Med Instead of Meds class series you will:

Discover the 7 simple steps to eating the Med Way:

1. Change your protein
2. Swap your fats
3. Eat more vegetables
4. Eat more fruit
5. Snack on nuts and seeds
6. Make your grains whole
7. Rethink your sweets

Explore tools that will help you Go Med, including:

- Simple steps for mindful eating
- Meal planning
- Label reading
- Right-sizing your portions
- Simple steps for mindful physical activity

For more information about Med Instead of Meds contact:

Kaitlin Moore, Nutrition, Food Safety & Health Agent at 785-243-8185 or kaitlinmoore@ksu.edu

PLEASE REGISTER
6 total classes, Wednesday nights, 6-7PM, Wakefield Library 205 3RD ST Wakefield, KS 67487
May 8, 15, 22, 29, June 5, 12

Recipes | Inspiration | Techniques
medinsteadofmeds.com