**This video release from K-State Research and Extension is available online at www.ksre.ks-state.edu/news/stories/2021/10/video-thin-cows-heading-into-winter.html

A direct link to the video is at https://youtu.be/sv1oAdizWI0

**Video: Consider protein, energy supplements for thin cows**

In this video, K-State Research and Extension beef cattle specialist Justin Waggoner outlines producers’ options for cattle that may be a little thin heading into the colder months of the year.

“Fall is a great time to take an inventory and look at the condition of cattle before the winter months and before cows advance to the later stages of gestation,” Waggoner said.

Waggoner says thin cows should be separated from the rest of the herd, then fed “strategic supplementation” to meet the cow’s protein and energy requirements.

“Even if we turned those cows back out on some dormant native range grass, we can put some condition back on them with protein and energy supplements,” he said.

**K-State Research and Extension video provided by Dan Donnert**

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K-State Research and Extension is a short name for the Kansas State University Agricultural Experiment Station and Cooperative Extension Service, a program designed to generate and distribute useful knowledge for the well-being of Kansans. Supported by county, state, federal and private funds, the program has county extension offices, experiment fields, area extension offices and regional research centers statewide. Its headquarters is on the K-State campus in Manhattan. For more information, visit www.ksre.ksu.edu. K-State Research and Extension is an equal opportunity provider and employer.

**Story by:**
Dan Donnert
ddonnert@ksu.edu

**More information:**
Justin Waggoner
620-275-9164
jwaggon@ksu.edu